Here are a few ways we can cultivate resilience in ourselves:

**Build a strong foundation** by adopting healthy habits: a good sleep routine, balanced meals, regular exercise, and a positive support network of family and friends. If we build ourselves up, we are better equipped to handle the curveballs that life throw our way.

**Pay attention to things that might lower resilience**, like a poor diet, caffeine, nicotine, alcohol & drugs, excessive screen time, social isolation, and lack of sleep.

**Building resilience is like building muscle**, we need to work at it. It takes practice! Resilience develops when we focus on applying our coping skills during difficult situations. Remember: Not all stress is bad. Stress actually helps us adapt to change and motivates us to get things done.

Everyone handles stress differently, but if stress affects our home/school or work life, relationships with others, the ability to sleep or cope, it’s time to reach out and ask for help. **Be aware of when stress begins to tip the scales.** Chronic stress upsets our body's balance and can lead to illness.

**Be mindful of how you’re handing things.** We experience anxiety and depression in a number of different ways – in thoughts, feelings, or behaviour. Ask yourself if any of these have changed recently. If they have, it’s a very good reason to ask for support.

Too many people suffer needlessly because they don’t know where or how to get help. **Start by speaking with your family doctor, or a trusted friend or family member.**

Resilience is a personal journey. Practicing resilience can lead us down a path to better mental health.