

Resilience

The 6 Rs of resilience can prepare you so you are better able to bounce back when faced with a difficult situation.



Responsibility

Take responsibility for your own mental health, wellbeing and resilience.



Reflection

Reflecting on how you are, what is happening and how you are feeling about things.



Relaxation

Relaxing in a way that suits you, such as jogging, reading a book and mindfulness practice.



Relationships

Building supportive relationships with friends, family or a partner. Know who to turn or talk to when times are difficult.



Refuelling

Eating a healthy diet, being conscious of alcohol intake.



Recreation

Taking regular exercise, and having fun.