



Personal resilience is the ability to cope with adverse events, and the determination to see something through to its conclusion.

### Healthy eating

Maintain a healthy balanced diet and eat regular meals during the day – choose less refined foods.

### Physical activity

Activity improves sleep, reduces stress and fatigue and promotes higher levels of energy.

### Sensible drinking

Stick to recommended drinking levels (14 units per week) with two days per week without alcohol.

### Relaxation

Take time out to relax, take regular breaks during your working day – try relaxation techniques.

