



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.

