



## Neuroscience of Resilience

### TOP 6 REILSENCE TIPS BY DR JUSTINE GATT

- 1. Composure During stress**  
**When faced with a stressful situation, I make myself think in a way that helps me stay calm.**  
Key Tips:
  - Develop positive coping strategies, like humour, active problem solving, rather than avoidance, denial, self-blame, venting or substance use.
  - Know when you are stressed
  - Respond to stress, don't react, take a breath, pause before reacting
- 2. Own-Worth**  
**Knowing what I have done well is more important to me than being praised by someone else.**  
Key Tips:
  - Know who you are, what you stand for and your values, and value yourself.
  - Set healthy boundaries, preserve who you are by being assertive, daring to say no when your boundaries are being compromised, and knowing when to seek help or support.
- 3. Mastery**  
**I like to have a say in making decisions made by any group I am in.**  
Key Tips:
  - Build on your own strengths and make ways to overcome your weaknesses
  - Work to be self-reliant
  - Seek opportunities for growth
- 4. Positivity**  
**I laugh easily and am a cheerful high-spirited person**  
Key Tips:
  - Practice optimistic thinking
  - Schedule time for fun and have positive to do lists
- 5. Achievement**  
**I work hard to accomplish my goals**  
Key Tips:
  - Identify your life purpose, your talents and interests
  - Set meaningful goals that satisfy your needs
  - Find the joy in your life
- 6. Satisfaction with Life**  
**How satisfied are you with your quality of life**  
Key Tips:
  - Be fit, healthy
  - Be mindful of the present day, e.g pay attention to all 5 of your senses
  - Practice gratitude



Watch seminar online  
[www.neurataalks.org](http://www.neurataalks.org)