

Inner Strength - Outer Strength

INNER STRENGTH TIPS

Resilience

Resilience is being able to deal with life's inevitable stresses and strains, and bounce back. Without resilience, we feel overwhelmed by stress, leading to a downward spiral that affects our physical and mental wellbeing. Developing resilience helps us, not to eliminate stress, but to respond to it appropriately and to use our stress effectively to better our quality of life.

How to develop resilience:

- Practice acceptance of change and the difficulties that occur in your life.
- Challenge the negative thoughts that you have in response to a difficult situation.
- Commit to positive actions in response to a challenge.
- Reflect on people who have faced even greater difficulties than you have.

Interesting reading:

- *The Resilience Factor* by Karen Reivich
- *Rising Strong* by Brene Brown
- *Resilient* by Rich Hanson
- *The Power of Negative Emotion* by Todd Kashdan and Robert Biswas-Diener
- *Get Out of Your Mind and Into Your Life* by Steven C. Hayes

Some useful apps to help you with your resilience development:

- Moodnotes – Mood Tracker
- Youper: Self Care Therapy

<https://www.mandarinoriental.com/en/spa/inner-strength-outer-strength#isos>



Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.