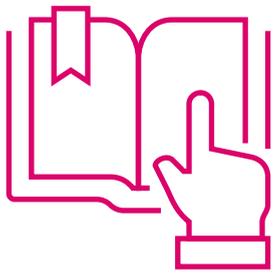
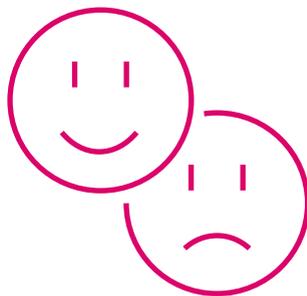


Tips to build resilience

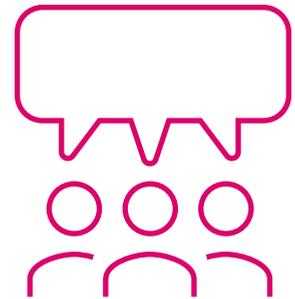
People who are resilient bounce back from mistakes. For many, it's the secret to success. Boost your resilience with these steps:



See mistakes as learning opportunities



Stay positive



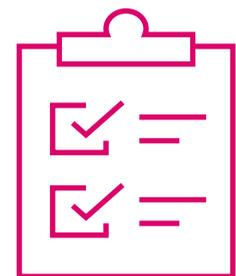
Have a "team" that supports you



Believe in yourself



Exercise and stay healthy



If at first you don't succeed, try, try again!