



BECOMING RESILIENT

As difficult as it is to accept, we are all going to face “hard times”; moments where “life happens”, where little is under our control and we feel as though we might not be able to make it through. Some say that the key to surviving times like this is a little thing called resilience.

But what is resilience, really? being resilient doesn't mean that you have it all together all the time. It doesn't mean that you don't sometimes feel like you have lost all faith and courage. It just means that you have the mindset of perseverance despite all the difficulties thrown your way. It simply means that you showed up — you tried.

Resilience is a learned behaviour and something you can strengthen throughout your life. Allow us to be a part of your journey towards building resilience.