

# How Resilient Are You?

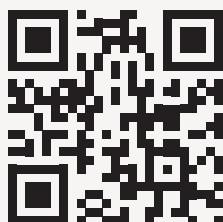
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## Don't Succumb to the Negatives – Focus on the Positives

- Look after yourself and keep hydrated
- Relax and believe in yourself
- Challenge negative attitudes and thoughts
- Focus on what went well each day
- Make time to have fun
- Use your support networks

Remember you can call Validium for support on a variety of issues - or go online at [validium.com](http://validium.com) to check out vClub



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