

LET'S GET RESILIENT

Peter Radford

We've collaborated with professional wellbeing expert Peter Radford to create a series all about emotional resilience. You can watch all six videos over at ageasbroker.co.uk, but for those of you short on time, we've collated our top tips from Peter below:



Tip 1

It's OK not to be OK. Our mental health can fluctuate just as our physical health does, things happen that can throw you off track. Being self-aware is the first step to help build your emotional resilience.



Tip 2

Remember that every successful person has experienced struggles. The road to success is often bumpy, and not a straight line trajectory. Accepting this will help you overcome and challenges that come your way.



Tip 3

Establish positive habits such as regular exercise, talking to friends and family, unleashing your creativity through enjoyable activities, regular acts of kindness, and taking the time to find some perspective. Find out what works best for you, and what helps you to feel more positive.



Tip 4

Widen your emotional vocabulary to identify exactly what you're feeling. Often we use obvious terms such as angry and sad to describe our emotions, but are we actually feeling defensive, offended, frustrated, nervous, confused? Narrowing it down helps us get to the source of our emotions.



Tip 5

Think differently about failure – often we perceive our struggles as something to run from and avoid, instead of thinking of them as learning opportunities, and part of the process required in order to achieve success.



Tip 6

Understand your conflict style in order to build more resilient relationships. Conflict is normal, it happens in all relationships, but knowing how you and the people around you react in these situations helps you to diffuse them earlier, and find better resolutions.



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We've got your back. So let's get to work.

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