

Dr Tim's Top Ten Tips

For becoming (staying) flexible and resilient

1. **Get better at stress management and problem solving**
Including trying to change unhealthy situations and environments
2. **Invest in friendship and connections**
3. **Learn about and use your strengths of character**
4. **Develop self-acceptance and self compassion**
5. **Look after your health and seek help if you are struggling**
6. **Learn to reframe things, and when bad things happen try to avoid the 3 P's**
7. **Learn to notice and 'defuse' or 'unhook' from unwanted or unhelpful thoughts**
8. **Learn to allow, accept and 'make space for' unwanted feelings**
9. **Bring yourself back to the present moment, time and time again**
10. **Clarify what matters to you, your values – and live more in harmony with them**