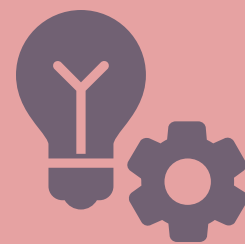


9 WAYS TO REMAIN MENTALLY RESILIENT DURING TESTING TIMES



Acknowledge Your Inner Strength



Sometimes in life we don't know how strong we are, until being strong is the only option left.

Inside each and every one of us, there is unlimited potential that, if we choose, we can tap into, and it is about finding and harnessing those resources within you during those challenging times to help you through to better days.

What inner strengths do you have that you can harness during testing times?

Take Care Of Yourself



If you don't look after yourself, how in the hell are you going to be able to look after anyone else?!

By making sure you create and stick to a self-care routine, or continue with an existing one during testing times, it will help to see you through this period.

What self-care practices are you currently implementing in your daily routine?

Focus On What You Can Control



A lot of our worries and anxiety comes from focusing on elements that are outside of our control in life, and during testing times, things that are outside of our control are often amplified exponentially.

So why not make a list of all the things that are worrying you or causing you anxiety and then remove anything outside of your control, and instead focus on the things you can control and change.

Shuffle Your Priorities



Naturally during testing times, we beat ourselves up for not being able to manage as well as we do during normal times.

Remaining mentally resilient during testing times means we need to give ourselves permission to re-evaluate our priorities and allow certain things to take a backseat whilst other things come to the forefront of our focus.

What priorities do you need to reshuffle currently?

Take Action



Avoiding problems only delays and prolongs the suffering we inflict upon ourselves during testing times.

By taking proactive steps to face challenges head on (in a productive & thought out manner) you can work through these challenges. If they can't be solved immediately, then take action to find ways to cope in helpful and healthy ways.

What actionable steps you can take today?

Every Problem Provides An Opportunity



In life we will always face problems and testing times, some bigger than others, but each and every problem provides us with an opportunity if we look for it.

To discover these opportunities, we need to; where possible, remove stress and anxiety from our environment, because they are counter-productive to creative thinking and won't allow you to explore what opportunities are available. So create that environment and think, "what opportunities has this problem / testing time provided you with?"

Practice Gratitude



During testing times our mind can often go into survival mode, where our brain continues to be on high alert for any imminent threats.

As such, your brain is more than likely to be in a negative or heightened emotional state, so practicing the attitude of gratitude daily during testing times (and beyond) can help keep you mentally resilient.

What three things are you grateful for today?

Reflect On What You've Learned



Through any testing time or problem we face, there is an opportunity to learn and grown from it, or what we at Music & You like to call an AFGO aka Another Fucking Growth Opportunity.

To help keep that resilient mindset, through these or any testing times, why not ask yourself:

'What three things did I learn today?' and 'What 3 things can I do differently moving forward?'

Seek Support



As the saying goes no man is an island, and nothing is truer in testing times. No matter your circumstances, reaching out for help can ease the burden of the weight that you carry on your shoulders.

What resources do you have available to support you during these times? Is it a friend, family member, uncle google, your community? Whatever or whoever they may be, reach out to them for a problem shared is a problem halved.