

# 10 TOP TIPS

## BUILDING RESILIENCE

with

**Justine Martin**  
the Queen of Resilience



A workbook will be supplied to each participant in the workshop.

- Workshops are conducted in-person at your venue.
- Workshops can be conducted virtually.

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# 10 TOP TIPS to Building Resilience

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## Introduction

What is resilience and why is it so important to our daily wellbeing?

### TIP #1

#### Self Care

- What is self-care?
- Importance and examples.
- Tips for incorporating into daily routine.

### TIP #2

#### Learning

- Importance of lifelong learning.
- Tips for learning new skills.
- Benefits for resilience.

### TIP #3

#### Routines

- How can routines help build resilience?
- Creating a daily routine.
- Tips for sticking to a routine.

### TIP #4

#### Connecting to the Earth

- What are the benefits of connecting to nature?
- Ways to connect with nature.
- Importance of spending time outdoors.

### TIP #5

#### Hobbies

- Why are hobbies important for your resilience?
- Finding a hobby that brings joy.
- Making time for hobbies.

### TIP #6

#### Movement

- Why is physical activity so important for resilience?
- Tips for incorporating movement into your day.
- Benefits of regular exercise.

### TIP #7

#### Fuel Your Body

- Why is nutrition essential for resilience?
- Tips for making healthy food choices.
- Building healthy habits around food.

### TIP #8

#### Fuelling Your Mind

- Why is mental health critical for resilience?
- Practical tips for managing stress and anxiety.
- Mindfulness practices for resilience.

### TIP #9

#### Decluttering

- What are the benefits of decluttering for resilience?
- Tips for decluttering space.
- Importance of letting go of material possessions.

### TIP #10

#### Goals & Visions

- Why is setting goals for resilience so important?
- Useful tips for setting achievable goals.
- Benefits of having a vision for the future.

## Conclusion & Q&A -

Final thoughts from **Justine Martin**.

Q&A time.

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