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## Quick Tips for Building

# RESILIENCE!



# 1

### Take Reflective Pauses

Brief pauses during your day allow you to reset, refocus, and manage stress.

# 2

### Set Manageable Goals

Break big tasks into small, actionable steps. Celebrate each small success to build momentum.

# 3

### Label Your Feelings

Identify and name your emotions as they arise. Acknowledging them can help you respond with clarity and control.

# 4

### Focus on Growth

Embrace challenges as learning opportunities. Reflect on what each experience teaches you.

#### Let's break this down further.

Reach out for a discovery call to explore resilience-building strategies tailored to you.



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