



Train Your Resilience Muscle



# 5 Common Habits That Weaken Resilience—and How to Turn Them Around



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# 1. Overworking without rest

Pushing through exhaustion may feel productive, but it drains your energy and creativity over time.

## Turn It Around

Block off dedicated time for rest and reflection—it's a key ingredient for resilience.



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Resilience Coach

## 2. Avoiding Change

Resisting change creates missed opportunities and stalls growth.

### Turn It Around



Embrace change by trying small experiments, like automating a simple task with AI.



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# 3. Operating in Isolation

Trying to do everything alone makes challenges feel bigger than they are.

## Turn It Around

Seek out opportunities to connect with others through networking. Engaging with peers and sharing experiences can build resilience and inspire fresh ideas.



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# 4. Ignoring Feedback

Dismissing feedback leaves blind spots that weaken your business.

## Turn It Around

Actively seek input from trusted peers, clients, or mentors—and use it to grow stronger.



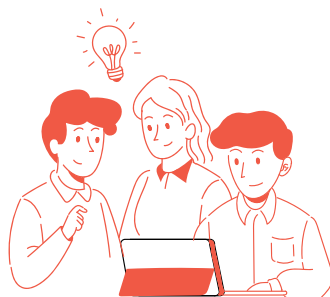
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# 5. Focusing Only on Problems

Dwelling on what's wrong blocks creative solutions and progress.



## Turn It Around

Reframe challenges as opportunities to learn and innovate.



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**Resilience isn't built  
overnight—it's strengthened  
with every step forward.**

**What Habit Will You Turn  
Around First?**



**Share to help someone.**

**Follow Nagham Alsamari for tips on building  
resilience and using self-awareness to overcome  
challenges.**

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