


Resilience for Queens



*Top tips to build resilience
and reclaim  your joy*



Congratulations Queen's on taking your first steps to build resilience and reclaim your joy.
Have you ever wondered how some people seem to sail through life obstacles and others struggle to get back on their feet?

On our path in life, each one of us will meet our own set of difficulties and obstacles.

The loss of a loved one, adversity, set-backs, stress, serious illness, or losing our job can de-rail us and knock us off our path.

Being resilient does not mean that you don't experience stress, suffering, or upheaval, it is our ability to adapt to ever-changing situations and move forward.

Resilience is our strength of mind, body, and character and is the cornerstone of good mental health.



Resilience starts with the brain as the physical condition of the brain affects our mental health. The good news is the brain can change structure and function in response to our experiences throughout our lives in ways that can improve our resilience.

"If you want the rainbow, you've got to put up with the rain".

Dolly Parton



Why is resilience so important?



The benefits of building resilience can greatly improve your health and wellbeing.

Stress is a major cause of illness, stress-related conditions are on the increase.

The mind and body are connected, and unresolved stress can make us vulnerable to a range of medical conditions, impair our functioning at work and impact our home-life.

Resilience can help prevent conditions from developing by being better able to handle and overcome obstacles and stress.

Being resilient enables us to thrive and function at our best. We can thrive mentally, emotionally, socially, and physically.

By being resilient we benefit from having higher self-esteem, become more balanced and adaptable.

Our health improves and we make better choices. We become more productive, calmer, and enjoy life more.



Our ultimate aim is to grow our resilience to be greater than any obstacles that cross our path.

"Do not judge me by my success, judge me by how many times I fell down and got back up again".

Nelson Mandela.



What skills do resilient people possess?



Emotional Awareness – being aware of what you are feeling and why.

Independence - Taking control in the knowledge that you and only you can overcome whatever obstacles cross your path.

Perseverance - Never giving up, keep going until you achieve your goal.

Connection – Having a good support network, not being afraid to reach out for support.

Optimism – being able to look at the positive, flipping a negative situation on its head, will give you more options and empower you.

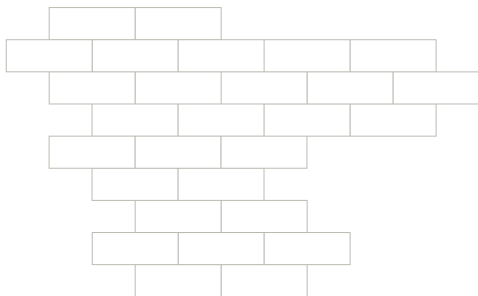
Sense of Humour – Humour can help in difficult situations. Being able to laugh at whatever rocks cross your path.

Perspective – Life is all about lessons. If you take the wrong path, understanding, learning, and taking control can make you stronger

Initiative – being able to take control and find solutions to overcome obstacles.

“Rock bottom became the solid foundation in which I rebuilt my life”

J K Rowling





Experience the difference by trying one or more of the following.

Write a list of goals for the day ahead and always complete the least desirable task first. By completing the most undesirable task first, you will feel empowered and ready to tackle the day.

Be a superhero for 2 minutes, strike a pose, and visualise yourself becoming stronger and stronger with each breath you take. Scientifically proven to reduce stress, increase confidence and authenticity. Super Woman, Batman, Harley Quinn, Wolverine, who will you choose?

Cultivate an attitude of gratitude and write down 3 things every day that you are grateful for. The more we bring your attention to what we feel grateful for, the happier we become and feel more positive emotions. We are also more likely to be successful at reaching our goals by consciously practicing gratitude. Our self-esteem, optimism will improve, and we become less envious.

Eat healthier as there is a strong connection between how we are feeling and what we eat. Eating refined sugar and processed foods has been proven to promote inflammation.

Eating processed foods also worsen the body's regulation of insulin and symptoms of mood disorders. Start by paying attention to how different foods make you feel. Introduce more unrefined natural wholefood, plenty of vegetables, fruit, and drink plenty of water.



Be mindful of what you say to yourself as the mind cannot tell the difference between what is real or imagined. Negative self-talk can limit your ability to believe in yourself. Instead, become your own Coach or Cheerleader, give yourself praise, encouragement, and acknowledge your successes.





Make time to connect with family, loved ones, or besties, even if it's just a 5-minute phone call. Our social support networks are critical to building more resilience. One cause of anxiety and depression is the loss of connection

Accept praise gracefully and praise others often. Praising others helps us notice and appreciate those around us and help us create an optimistic outlook.

You can make someone's day by complimenting them, which can boost their self-esteem and make them feel good. Being positive and complimentary more people will want to spend more time in your company. Praising others can also enhance and increase your own sense of well-being and self-confidence.

Learn something new. Learning increases our confidence and helps us feel better. When we have mastered something new, we feel a sense of achievement and pride. Our brain chemistry also changes, helping us to adapt to change.

Write yourself a love letter, just imagining that you are the love of your life. What do you love about yourself, all the little details and quirks that make you?

Your talents and achievements, what you mean to others. Write who loves you. Your love letter can help reduce stress levels, and also help to recall all the good things in your mind.

Sleep is vitally important because it enables our body to repair, rest, and prepare for another day. It is so important to have a good sleep routine.

Start by turning off all electronics and beginning a winding-down routine: Prepare a warm bath, read a book, or listen to some relaxing music. Meditating can also be of great benefit to help your mind and body wind down and relax.



“Our greatest weakness lies in giving up.
The most certain way to succeed is
always to try one more time”

Thomas Edison



Who is Halima Heath?

Halima is the Queen of Resilience, and for as long as she can remember, Halima has been on a journey to learn and transform her life, having to overcome tremendous obstacles after experiencing mental health issues and trauma from a young age.

Reading self-help and self-improvement books, attending seminars and courses, Halima has managed to put her past behind her and start on a path of new discoveries. She is now a Hypnotherapist, Mindfulness teacher, Meditation Leader, and RTT Therapist. Halima studied with the world-renowned Marisa Peer and is a member of I.A.C.T and an accredited member of ACCPH.

In her personal life she is happily married, a mother, grandmother to eight beautiful grandchildren, Halima is now living a fulfilled life and following her dreams.

Clients have described Halima as skilful, compassionate, understanding, thoughtful, professional, kind, and caring. Halima is on a mission to help you achieve freedom from your issues and to develop the skills to become more resilient.

Empowering you to follow your dreams and live your best life.



"But still, like air, I Rise".
Maya Angelou

For more tips and tools to build more confidence, resilience and joy, come and join my free Facebook group the Resilient Queen's Society.

Join the
Society

Halima Heath Hypnotherapy
& Mindfulness

