

K&A

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ASSOCIATES



# Personal Resilience

*Harness the power of resilience and  
bounce back from setbacks with ease*

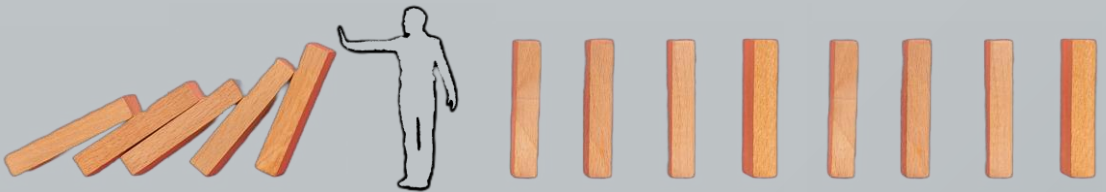


# 1 Prioritize self-care

Make time for activities that nourish your mind, body, and soul, such as exercise, meditation, or spending time in nature.

# 2 Set boundaries

Establish clear boundaries around your time and energy to ensure that you have sufficient time to recharge.

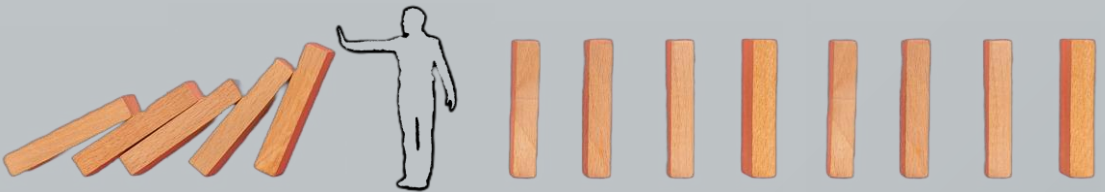


# 3 Practice mindfulness

Mindfulness helps you stay centered and focused even when you face challenges. Incorporate mindfulness practices into your daily routine.

# 4 Create a strong circle

Surround yourself with caring friends, family, and supportive colleagues who can offer both emotional and practical assistance during tough times.



# 5 Build a growth mindset

View failures and challenges as growth opportunities, not setbacks. Believe in developing abilities through effort and become more likely to take risks.

# 6 Find purpose

Having a clear sense of purpose and meaning in your life provides a source of strength and resilience during difficult times.



# TLDR – How to build personal resilience

**#1 Prioritize self-care**

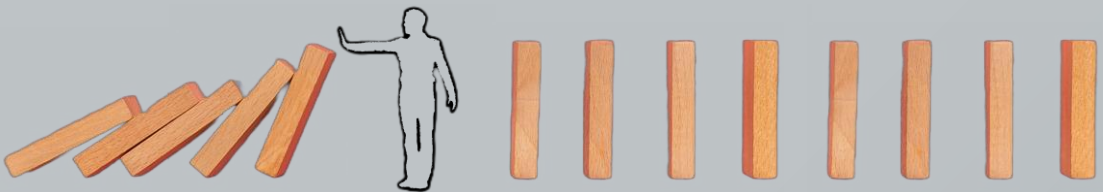
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**#3 Practice mindfulness**

**#4 Create a strong circle**

**#5 Build a growth mindset**

**#6 Find purpose**



Impact that matters.



**Knitter & Associates GmbH**  
Dreischeibenhaus 1  
40211 Duesseldorf | Germany  
Office: +49 211 882 503 82  
info@knitter-associates.com  
www.knitter-associates.com