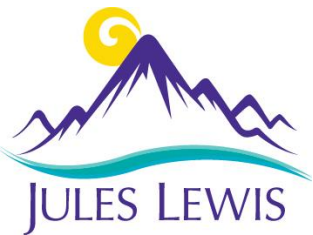


# Jules Lewis on Resilience



# Resilience

- Bouncing back after setbacks
- Withstanding hardships/ pressure/stress and rising to the occasion
- The ability to stick to things and get them done . PERSEVERANCE



# Resilience

- A positive self concept , confidence in one's strengths and abilities ;positive relationships
- Able to handle and thrive in existential aloneness, self-reliance



# August 2013

## Reflections on not making it ...



# August 2014 -The Only Way is Up !



# At the Summit – 5642m



# Resilience Through Experiences

THE ONLY EXPERIENCE YOU NEED  
IS LIFE EXPERIENCE





# How to Increase Your Resilience





# Visualize Success



# Boost Your Self-Esteem

**“based on how you see yourself you will conclude **what your worth is** and how valuable you are.”**



# Take Control



# Become More Optimistic

WHETHER YOU  
**THINK YOU CAN,**  
OR THINK YOU CAN'T.  
**YOU'RE RIGHT.**

(HENRY FORD)



# Manage Your Stress



# Improve Your Decision Making





# Ask for Help





# Deal with Conflict



# Learn



# Be Yourself

“BE YOURSELF,

everyone else is already taken”

*Oscar Wilde*

When you think about quitting .. ask yourself why you started

