



Build your Resilience

The past months have shuffled our normality and tested everyone's coping skills.

Resilience is the ability to recover from setbacks and adapt to challenging circumstances. Whatever the struggle, be it health, financial or relationship, a person who is resilient will pick themselves up after a difficult situation, pick themselves up and give it another go. Resilience helps us to bounce back from difficult situations in life. It is a tool that empowers us to feel effective and capable of handling uncertainties. The good news is that resilience is a skill and quality that can be learnt and strengthened.

The Health Promotion and Disease Prevention Directorate is offering online Resilience Building Workshops with the aim of helping to strengthen resilience.

The workshops will run as small groups once a week online for 7 weeks. Each group will be led by a trained facilitator and will last one and a half hours. For further information, please send an email to health.pro@gov.mt or mariella.borg-buontempo@gov.mt.

Please apply to join a group by applying online:

<https://deputyprimeminister.gov.mt/en/health-promotion/Pages/Services.aspx>