

# Steps to Thrive and Not Just Survive!

**#1**

**Everyone has their own set of challenges**

- Pause and think
- Remember, you are not the only one facing challenges
- Everyone is trying their best

**#2**

**Every problem has a solution**

- Do not let your emotions take control of you
- Solutions may not come immediately
- Rise above the challenge

**#3**

**Devise solutions**

- Find alternatives within your means
- You are not alone! Tap on your EC community

**#4**

**Reflect and grow**

- Find ways to strengthen yourself through:
  - Self-care: mind and body
  - Skills: grow with your community

**GIVEAWAY**

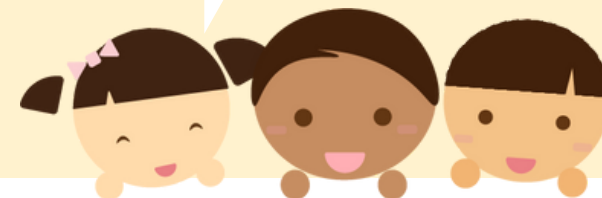


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US!



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Always remember, resilience is not a trait but a skill that you can learn, build and practice over time!



# From our NIEC lecturers, to YOU!

## See change as an opportunity

“Practicing flexibility is important! Flexibility or the capacity to apply many tools and strategies to tackle a situation will help you grow your resilience capabilities.”

- Sujatha Pragatheeswaran (NIEC-NP)

## It's okay to be NOT okay on certain days

“It's okay to be NOT okay when you know that you're already doing a lot and having a lot of responsibilities. It is alright to say “No” to new projects. Knowing one's limits is important, so that one is not overloaded or overwhelmed.”

- Janice Foo (NIEC-NP)

## Growing as a community is necessary

“Build a close-knit community of learners on Instagram or Padlet to share good practices, and to grow and learn together.”

- Daphne Tan (NIEC-TP)



## 'ME time' is important

“End work early on certain days to do something that makes you happy.”

- Mariappan Vinothini (NIEC-ITE)

## It is necessary to rejuvenate your passion

“Look beyond the monotony of your daily choices. Be creative and innovate new ideas - test them out with your family members, colleagues and students.”

- Ng Cheng Khim (NIEC-TP)

