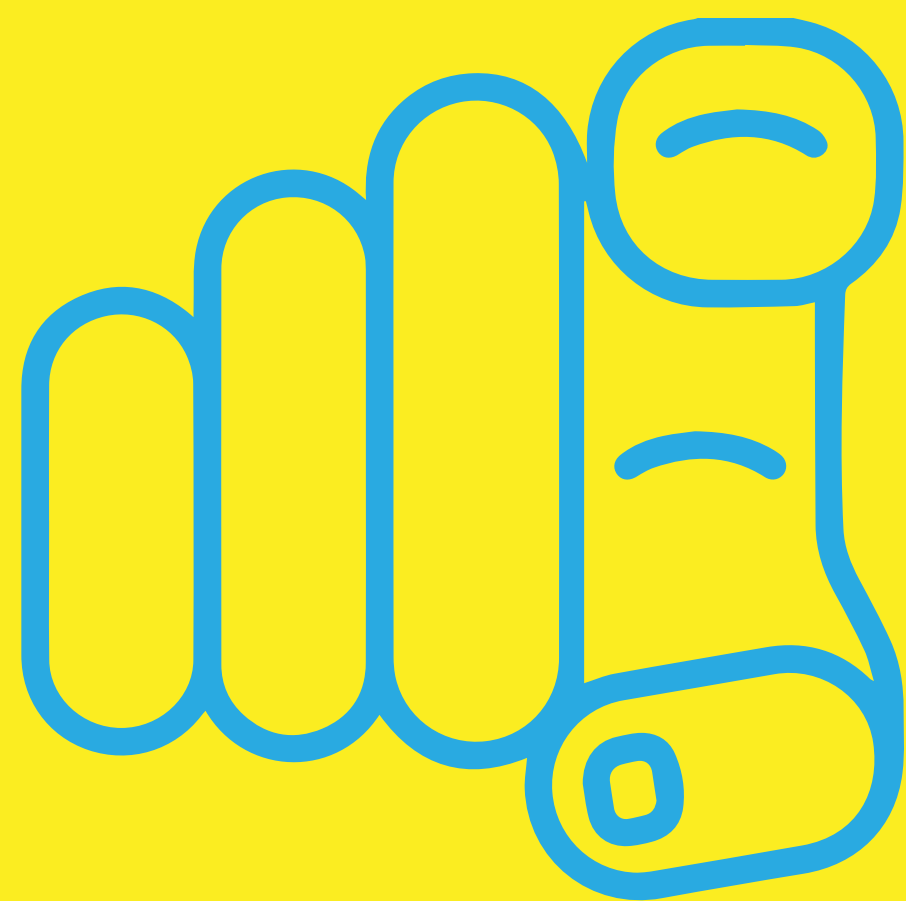
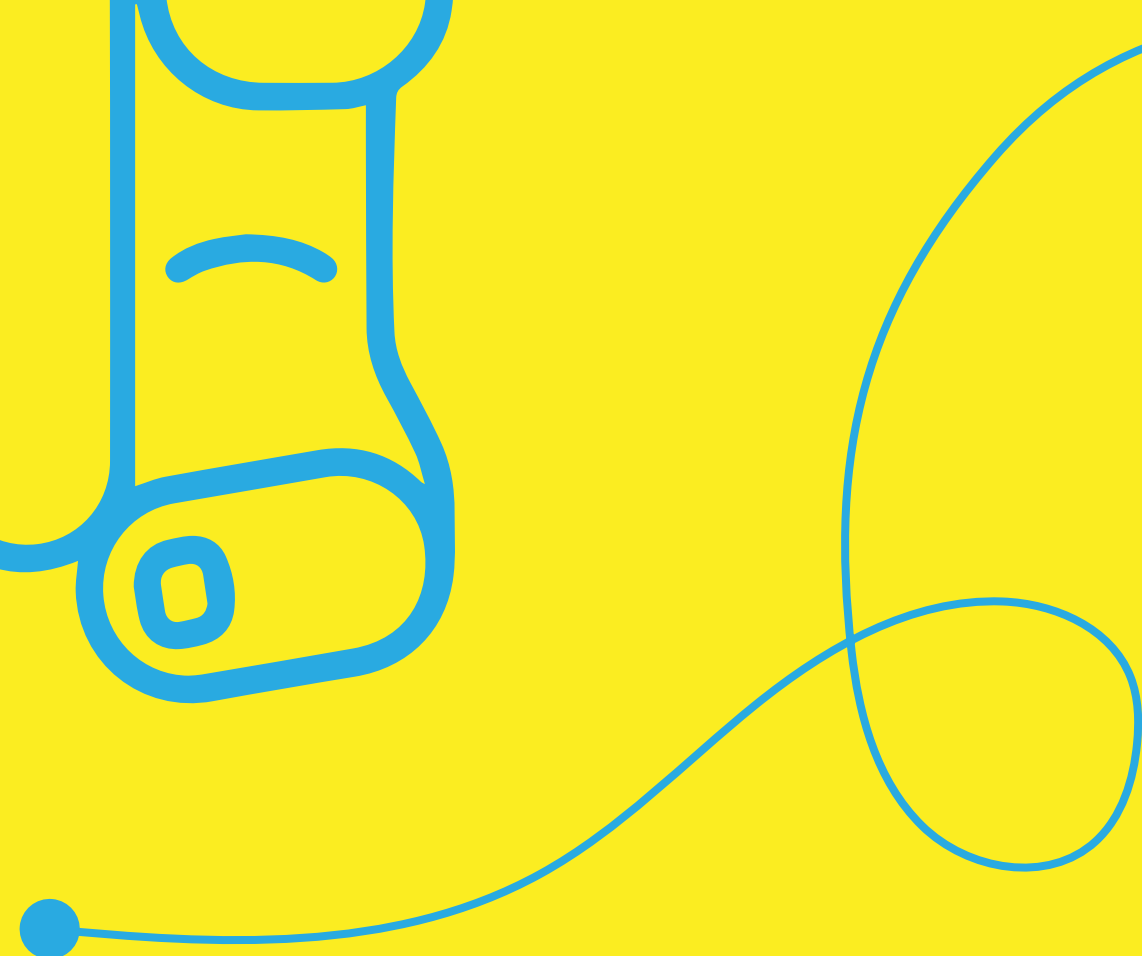


4 Resilience-Boosting Steps You Need to Know



Just be you
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Self-awareness is key to a fulfilling job. Know your values and play up your strengths.



→ **Follow your calling** •
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Remember the golden
rule: do what you love!





**Collaborate and
communicate**

You're never alone in this, so remember to always stay connected with your work squad.





Health matters

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Stay fit,
stay nourished and
hydrated at all times.

