



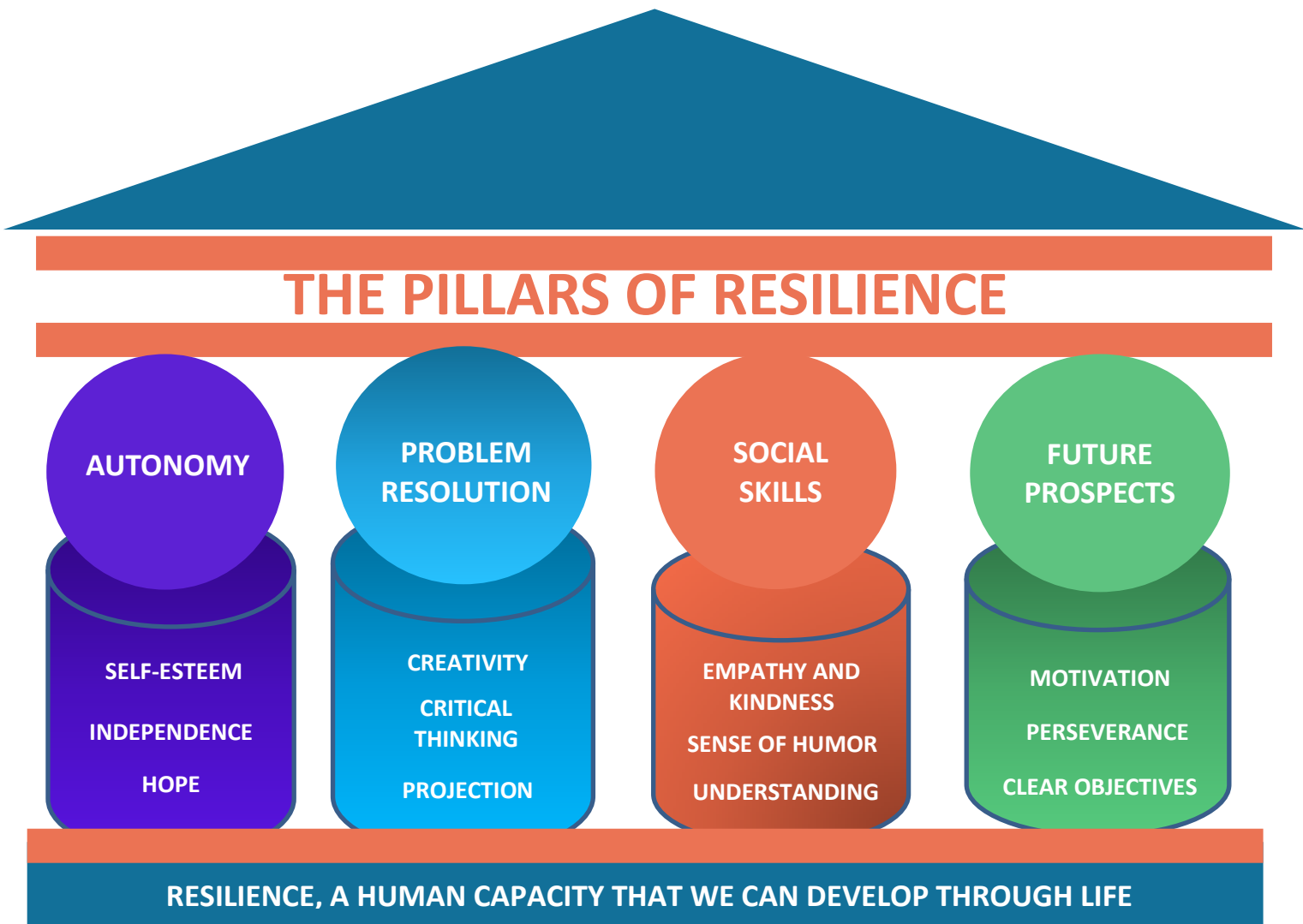
DE ESTAR BIEN AL BIENESTAR

FROM BEING WELL TO WELL-BEING

12 Prácticas saludables para fortalecernos de adentro hacia afuera:

12 Healthy practices to strengthen us from the inside out:

1- Sé consiente de tus potencialidades y limitaciones	Responsibility	1. Be aware of your potential and limitations
2- Sé creativo, transforma tus experiencias!	Re-structure	2. Be creative, transform your experiences!
3- Reconoce la importancia de trabajar en equipo.	Relationship	3. Acknowledge the importance of teamwork!
4- Asume la dificultad como oportunidad para aprender	Re-structure	4. Assume adversity as a learning experience
5- Está plenamente presente viviendo aquí y ahora, disfrutando al máximo. Esto fortalece tu capacidad para aceptar la realidad.	Restore positively	5. Be present living here and now (mindfulness) enjoying life at maximum. This strengthens your capacity to accept reality.
6- Mira la vida con objetividad y positivismo, y date el gusto de disfrutar los retos del trabajo positivamente.	Restore positively	6. Look at life with objectiveness and with positivism. Give yourself the pleasure to positively enjoy work challenges.
7- Rodéate de personas con actitud positiva, y fortalece tu red de apoyo para los momentos fáciles y difíciles.	Relationship	7. Surround yourself with positive people, and strengthen your support network to face easy and difficult moments.
8- No busques controlar todas las situaciones ya que el control total no existe. Aprende a lidiar la incertidumbre disfrutando la falta de control.	Re-structure	8. Don't intend to control everything because total control does not exist. Learn to deal with uncertainty by enjoying the lack of control.
9- Sé flexible y tolerante ya que tú puedes adaptarte al cambio de planes y cambiar tus metas sin sufrir.	Re-structure	9. Be flexible and tolerant because you can adapt to change of plans, and change your goals without suffering.
10- Sé perseverante con tus propósitos confiando en tu constancia, tenacidad y capacidad de lucha.	Responsibility	10. Be perseverant with your objectives by trusting your constancy, tenacity and ability to fight.
11- Afronta la adversidad con humor. La risa es un remedio infalible que asegura el optimismo en todo momento.	Restore positively	11. Face adversity with humor. Laughter is an infallible remedy that assures optimism at all times.
12- Busca ayuda en tus compañeros de trabajo y apoyo social, recordando que siempre podrás acudir a la ayuda profesional para lograr tu bienestar.	Relationship	12. Seek help among your fellow workers and social support, keeping in mind that you can always seek professional help to achieve well-being.



The infographic is designed to look like a classical building. It features a blue triangular roof at the top. Below the roof is a wide orange horizontal band containing the title 'THE PILLARS OF RESILIENCE' in bold, dark orange, sans-serif capital letters. Underneath the title band are four pillars, each consisting of a colored cylinder and a matching colored circle on top. The pillars are purple, blue, orange, and green from left to right. Each pillar has a list of related concepts written in white, sans-serif capital letters. At the base of the pillars is another orange horizontal band, and at the very bottom is a dark blue horizontal band with a white definition of resilience.

THE PILLARS OF RESILIENCE

AUTONOMY

SELF-ESTEEM
INDEPENDENCE
HOPE

**PROBLEM
RESOLUTION**

CREATIVITY
**CRITICAL
THINKING**
PROJECTION

**SOCIAL
SKILLS**

**EMPATHY AND
KINDNESS**
SENSE OF HUMOR
UNDERSTANDING

**FUTURE
PROSPECTS**

MOTIVATION
PERSEVERANCE
CLEAR OBJECTIVES

RESILIENCE, A HUMAN CAPACITY THAT WE CAN DEVELOP THROUGH LIFE