

MIB

**The Handbook For
Surviving
the Peak Years**



1. Strengthen your self-esteem

- Make a list of your successful moments. What are your greatest achievements at work or in life in general?

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- What kinds of important things have you learned on a family leave that can be valuable in work life?

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- Please remember that your know-how and experience does not disappear if you have been away from work life, even for a longer time!

2. Recognize your limits and build on your strengths

- Recognize what helps you cope and makes you energetic:

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- And what wears out your energy?

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- Take a moment to list everyday solutions to ensure that your resilience and resources remain at the needed level.

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3. Increase self-knowledge

- Clarify your values. What about your life is very important to you? How could these values show in your everyday life and support you?

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- List your strengths. Consider both your skills and your character. What are you great at? What kind of compliments do you get from people? You can also ask what people see as your strengths.
- What kind of areas would you like to challenge yourself in?

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4. Cultivate self-compassion and notice the good

- Make a habit of small diary marking every day. Write down three things that you are grateful for, went well or you succeeded in.
- You can also ask your child(ren) what their three most fun things were today.

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- Practice noticing the good. Negative things naturally grab our attention and unpleasant events stick to us stronger than pleasant ones.

5. Reach out to people

- You don't have to be alone, no matter what your family situation is. Help is available either from close friends, networks or from society.
- What kind of help or services would support your everyday life? Find out where you would be able to get this help.

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- Remember that asking and seeking for help is an important self-care skill!

