

Building Resiliency | At Work or At Home

Here are some steps to help build resiliency in the face of stress, increasing demands, and constant change:

Keep a positive attitude

This may seem simple but remaining positive can be hard, it's easier to get lost in negative feelings or thoughts and only focus on the bad rather than the light at the end of the tunnel or the bright side of things. Stop being pessimistic. Ask yourself if there is a rational reason for the negative feelings and recognize you control how you respond to a situation.

Reframe your stressful thoughts

If the root of your stress can be linked to a particular situation, try to reframe the situation and if it is a situation of failing at a task, remember that failure is essential for growth.

Find a resilient role model

Who is someone you know who shows resiliency in the time of adversity and stress, look to them as a role model, find someone you can confide in ask how did they tackle a similar situation and try to model those behaviors.

Take a detachment break

During your workday pay attention to your peaks and valleys of energy and productivity, mental focus, clarity and energy cycles are typically 90-120 minutes long, so it is useful to step away sometimes even if for a few minutes to reset energy and attention.

Face your fears

Fear is normal and powerful, embrace it and over time it will help you learn from experiences and you will be better equipped to apply those skills during future stressful situations.

Many of us have many stressors in our lives stemming from work or home life. The pace of life and work culture causes many of us to always be "on" and very rarely do we have time to effectively reflect and find time for self-care which makes it more important than ever to build resilience skills to help each of us navigate work and home life.

Resilience is defined as the ability to recover from or adjust easily to misfortune or change.

Anyone can build resiliency, factors include how optimistic you are about a situation, the ability to stay balanced during adversity, and how well you manage difficult situations and emotions.

Take time for self-care and exercise

Find time for yourself to think and reflect. Try to get at least 150 minutes of heart pumping exercise in per week, do what makes you feel good, Go for a walk outside during your lunch break, try meditation, get a massage subscription, try a barre or yoga class, listen to a book on Audible, or listen to a new pod-cast. Whatever you choose make it something you enjoy that way you will more easily make self-care a habit.

Develop active coping skills

Try not to withdraw or surrender to stressors, seek a supportive network and ask for help when you need it. Try resources from your companies Employee Assistance Program, these programs typically offer personal help for work and life, and you can find resources for Work-Life, Wellness, Life Management as well as other topics.

