

EMOTIONAL RESILIENCY

Tools to Build Personal Resilience



Work-related stress is a substantial health risk.

A primary cause of mental health problems or illness is workplace stress.

Over one in four workers report being highly stressed.

Mental health problems are a primary reason for missing work.

BEING RESILIENT?

Resilience is the ability to bounce back and recover from difficult life events that can cause stress. Resilient people do not dwell on failures or setbacks. They recognize the situation, learn from their mistakes and then move forward.

TYPES OF STRESS

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental and emotional responses. Stress can be:

ACUTE

Acute stress lasts for a short period of time, such as a reaction to a traffic jam or running late for work.

CHRONIC

Chronic stress lasts for the long-term and can create prolonged feelings of pressure, strain, or being overwhelmed.

RESILIENT WORKERS

Resilience is a strategy that helps workers tackle challenges. Resilient workers:

- Resolve conflict with reason
- Manage time and change
- Support the team
- Use coping skills to manage stress
- Bounce back quickly when faced with a challenge
- Use creative ways to deal with adversity
- Transform challenges into opportunities
- Communicate effectively

STEPS TO BECOME MORE RESILIENT

Have a plan that focuses on how to manage stressors. Activities that may be included in a resilience-building plan are:

- Identify and manage stress
- Boost physical health
- Relax and be calm
- Stay socially connected
- Laugh and have fun
- Practice good communication
- Develop conflict-resolution skills
- Work towards your goals
- Practice positivity and counter negative thoughts
- Do meaningful activities