



# Health & Wellness Resilience

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## **Resilience is someone's ability to bounce back in the face of challenges or trauma.**

A resilient individual has the skills to manage stress and conflict and has a good support network to help them deal with the pressures of work. They tend to be flexible, can adapt to new and different situations, can cope (even in difficult times), learns from experience, is optimistic and puts their hand up for help when needed.

These two elements are important to build personal resilience:

### **1. Social support networks**

Build solid relationships both in and out of the workplace. Good relationships can help people increase a sense of belonging, confidence and self-worth.

Positive relationships are a big predictor of positive emotions, wellbeing and an ability to deal with adversity.

### **2. Lifestyle factors**

Take care of yourself.

Engage in regular leisure time activity, maintain a healthy weight and balanced diet.

People who are fit have a different physiological reaction (and may have an altered emotional response) to stress.

## THINKING AND COPING STYLES

- Think about what is working well. This can make problems seem smaller and empower you to act.
- Remind yourself of past accomplishments, big and small. Ask yourself when you have had success coping with a problem in the past. Can you apply any of these strategies to the current issue?
- Break issues into smaller chunks and smaller goals. Small goals make it easier to see progress and can motivate you to persist through challenges.
- Focus on what is in your control and act on that.
- Be prepared for mistakes and setbacks.