

Build your Resilience

What to Expect

Welcome / Learning Points

Ask Yourself...

What is Resilience?

It's about Attitude

What it Takes

An Example

Why it's Important

The Stress-hardy Personality

Step Up Your Skills

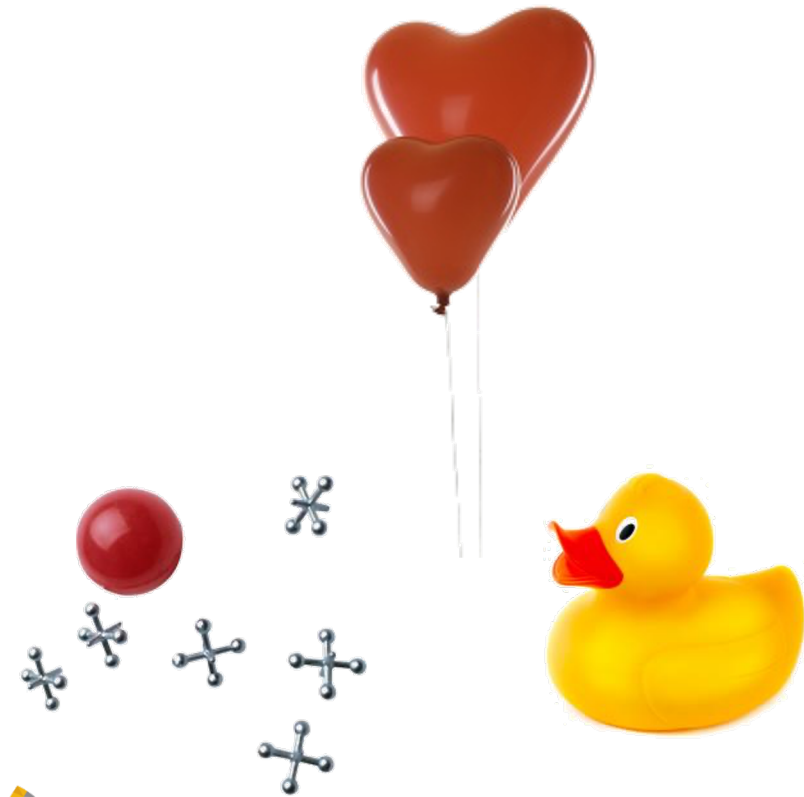
Make Your Action Plan

About Professional Support / Closing

Learning Points

- Define resilience
- Identify what it takes to be resilient
- Determine personal resilience level
- Find ways to be more stress-hardy

What is Resilience?



It's about Attitude

Confident	Problem-solvers
Healthy	Sense of humor
Flexible	Good boundaries
Creative	Good relationships
Empathic	Learn from mistakes
Proactive	Good interpersonal skills
Positive	Good stress-management skills



What it Takes

Demonstrate empathy

Confident and self-assured

Oriented to solving problems

Hold a generally positive outlook

Maintain good personal boundaries

Have competent interpersonal skills

Have solid relationships and support

Attend to their health and manage their stress

Flexible and adaptable to changing circumstances

View mistakes and failures as learning opportunities

Able to anticipate problems or changes and prepare for them

Use creativity to find new ways to solve problems or adapt to rapid changes

Have a good sense of humor, able to laugh at themselves and the situation

Why it's Important

Workplace
uncertainty &
changes

Unpredictability

Rapid global &
technological
changes



The Stress-hardy Personality

Resistance to stress

Meets challenges

Finds opportunities

Makes choices

Gets involved



Step Up Your Skills

Laugh
Set goals
Be creative

Find balance
Attitude is a choice
Believe in yourself

Focus on your health
Focus on relationships

Remember, it's temporary
Be aware of your feelings
Expect what's coming next
Identify what you can control

About Professional Support

You may consider seeking professional support if you experience any of the following:

- Sleep problems
- Performance issues at work
- Relationship difficulties with family or friends
- Loss of interest in hobbies you normally enjoy
- Lack of care about normal everyday work tasks
- Excessive anxiety or worrying more than normal
- Feeling overwhelmed or sad for more than two weeks
- A noticeable change in appetite, eating too little or too much
- Behavior and coping methods have become harmful to yourself or others, whether that is through aggressive behavior or unhealthy habits, such as drinking too much alcohol or taking drugs
- Thoughts of harm to self and/or others

Keep in mind some of these conditions warrant more urgent professional help and you should seek support if you are unsure.

Thank you for attending today's presentation.

Build Your Resilience