



What is resilience?

Resilience is your ability to bounce back and adapt in the face of challenges. It's essential for maintaining mental well-being amid workplace and life pressures.

Resilience toolbox: bounce-back strategies



Mindfulness

Find calm in the chaos and be present by observing your thoughts and feelings without judgment. Focus on your breath and bodily sensations.



Positive reframing

Change negative thoughts into positive ones. For example, instead of thinking "I failed", think "**I learned from my mistakes**". View challenges as opportunities to learn and grow.



Set realistic goals

Use the SMART criteria: specific, measurable, achievable, relevant, and time-bound. Break down your tasks into smaller steps and celebrate your progress. This can help you stay focused and motivated, as well as reduce overwhelm.



Seek support and feedback

You don't have to do everything alone. Reach out to people who care about you and share your feelings and challenges. Talk to colleagues, mentors, managers, or professionals for help and advice. Strong connections build resilience and equip you with different perspectives, insights, and solutions.



Maintain work-life balance

Set clear boundaries between work and personal time. Prioritise tasks and delegate responsibilities where possible. Take regular breaks, practice self-care, and avoid overwork to maintain a healthy balance. Find time to do things that make you happy and fulfilled.



Celebrate successes

Acknowledge your efforts and achievements, no matter how small, to boost motivation and confidence.



Keep healthy habits

Your physical and mental health are important for your resilience. Make sure you get enough sleep, exercise, nutrition, and relaxation. Find a balance between work and leisure.



Mindset matters

Cultivate a growth mindset, challenge negativity, and prioritise solutions. Embrace change and flexibility.

Building resilience is not only about coping with stress but also about finding meaning and purpose in your work. Resilience can help you overcome challenges, learn from feedback, and grow as a professional.

Learn more:

<https://www.helpguide.org/articles/stress/surviving-tough-times.htm>
<https://www.verywellmind.com/ways-to-become-more-resilient-2795063>
<https://www.apa.org/topics/resilience/building-your-resilience>

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