



Wellbeing and Resilience at Work



Part 3: Wellbeing and Resilience at Work

Our Top Tips to Help You Become Resilient

Resilience is more important than ever in today's unpredictable and constantly changing world. By developing both resiliency skills and personal strengths within the workplace, you will also have the same skills available to you in other area of your life.

Use these tips together with the wellbeing & resilience wheels.

- **Optimize your health:** mentally, physically & emotionally e.g. exercise has been linked with stronger levels of resilience. Adding a regular exercise habit to your lifestyle can benefit you in many ways.
- **Develop the Right Attitude:** resilient people tend to view life's difficulties as challenges and respond accordingly with action. Develop positive self-talk and remind yourself that you can grow stronger as you handle life's challenges.
- **Optimism & Having a Positive Outlook:** being an optimist is more than looking on the bright side (though that helps). It is a way of viewing the world where you maximize your strengths and accomplishments, and minimize your weaknesses and setbacks. Developing a more optimistic view of the world can help you become more resilient.
- **Maintain Your Sense of Humour:** being able to laugh at life's frustrations, can increase your immunity to stress and adversity. People with a sense of humour about life generally experience life as less stressful & are more resilient.
- **Emotional Awareness:** part of resilience is emotional awareness, it is important to understand what you are feeling and why. Knowing why you feel upset can provide valuable information about what needs to change in your life.
- **Develop an Internal Locus of Control:** resilient people believe that they're in control of their lives, & whilst you can't control your circumstances, you can control how you respond to those circumstances. This attitude to life is something you can learn & develop.
- **Develop a Problem Solving Attitude:** ask questions, analyse the problem using logic & reasoning. Be creative and adapt to changes by thinking of new ways to achieve a positive outcome. Trusting your intuition (gut instinct) can often be a good call. Be practical, thinking independently, letting go of old assumptions & focusing on the problem rather than reacting emotionally. This is a key skill & can be learnt.
- **Increase Your Social Support:** those with strong networks of social support tend to stay healthier and happier throughout life, and tend to cope well with stress.
- **Perseverance:** many people know of coping strategies that can help with stress e.g. diets and exercise programs. However, the most successful individuals are those who maintain the effort for the long term. Be patient with yourself, and just do your best.
- **Get In Touch With Your Spiritual Side:** studies have shown that those who are more spiritual tend to be more resilient as well. This doesn't mean that you *can't* be resilient if you are atheist or agnostic. However, if you are open to it, reconnecting or strengthening your connection to your spiritual side can provide you with strength.

The greatest weapon against stress is our ability to choose one thought over another - William James (1842 – 1910)