



8 Ways to Boost Your EMOTIONAL RESILIENCE

Mindfulness

- ▶ State of active, open attention on the present.
- ▶ Observe thoughts and feelings from a distance, without judgement.
- ▶ A form of healing and resilience-building.

Empathy

- ▶ Builds self-worth.
- ▶ Ability to see ourselves and everyone around us as having value.
- ▶ The “happy” effect of oxytocin, the hormone that is released.
- ▶ Compassionate work culture encourages teams and organizational success.

Acceptance

- ▶ Own what is happening.
- ▶ Understanding that stress/pain is a part of living that ebbs and flows.
- ▶ Best coming to terms with life rather than ignore it, repress it or deny it.
- ▶ Resist the urge to blame others or external forces.
- ▶ Learn from mistakes, find meaning in challenges rather than seeing yourself as a victim.

Internal Control

- ▶ Belief in control of own life rather than outside forces.
- ▶ A realistic view of the world facilitates dealing with stress.
- ▶ More solution-oriented resulting in a greater sense of control, which brings less stress.

Optimism

- ▶ See the positives in situations supports belief in inner strength.
- ▶ Avoids victim mentality and nurtures empowerment.

Support

- ▶ Know the value of social support and seek supportive friends and family.
- ▶ Seek out people who give us the space to work through our emotions.
- ▶ Listen and offer encouragement without trying to rush to advise

Sense of Humor

- ▶ Ability to laugh at life’s difficulties.
- ▶ Perceive issues as a challenge, rather than a threat.
- ▶ Reduces the level of stress hormones and increases the level of health-enhancing hormones, like endorphins.

Self-care

- ▶ Develop skills to take care of yourself
- ▶ Reading, journal writing or meditating, physical exercise, listening to music, taking a bath or relaxing with friends.
- ▶ Any activity that inspires you, nourishes your soul, helps recharge your batteries.
- ▶ Make it a priority.