They come with the job, whether we like it or not. Being engaged with your job is great, but is it dangerous too? It can be.

Resilience doesn’t remove stress, but it helps us to recover from it. Low resilience levels have the most serious consequences. Everyone has an individual resilience curve. What is yours?

Resilience is defined as the time it takes to recover after a stressful event, to return to your emotional baseline. Resilience helps manage stress and enjoy our work.

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The Super Powers of Resilience

When a diﬃcult situation arises, consider what you can do to keep moving forward. EMBRACE WHAT IS, STEP BACK AND MOVE FORWARD.

So, what is resilience really? Think about riding a wave.

People with low job engagement and low resilience levels have the most to fear. Stress triggers hit us and quickly return to their lives. After a peak in stress caused by the trigger, stress levels fall quickly back to normal, and the day goes on.

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Three triggers we all encounter:

- A stress trigger is something that causes physical, emotional, and mental states within the flow of a work week to be at-risk. People with high job engagement and high resilience levels have the most to gain. Stress triggers hit us, but who they are – as diﬃcult as that may be. Often, we resist seeing them.

- Stress triggers are all around us. Take a moment to reﬂect on the times during the past week when you experienced a strain or setback in your work day.

- People with high resilience levels are able to experience a stress trigger, stress levels fall back to normal, and the day goes on.

- People with low resilience levels are unable to experience a stress trigger, stress levels fall back to normal, and quickly return to their lives. After a peak in stress caused by the trigger, stress levels fall back to normal.

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- How Can I Strengthen My Resilience Levels?

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