

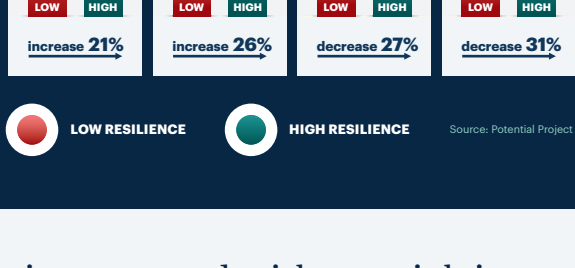
Stress triggers are all around us. They come with the job, whether we like it or not.

A stress trigger is something that causes physical, emotional, or psychological strain.

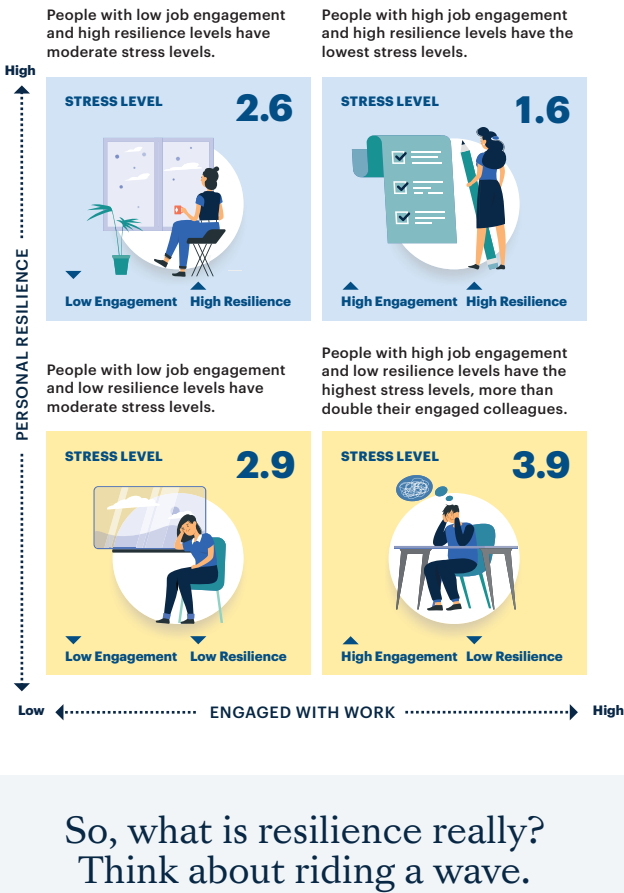
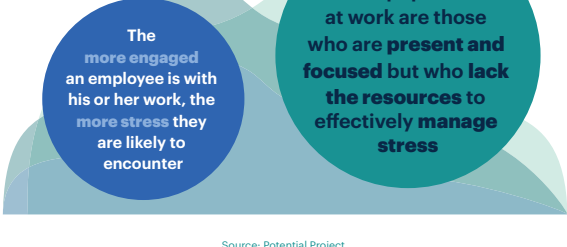
But, we all have a super power that can shield and help us. It's called Resilience.



Resilience doesn't remove stress but it helps us to recover from it and enjoy our work.

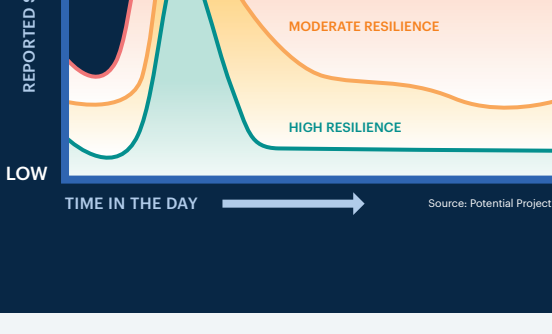
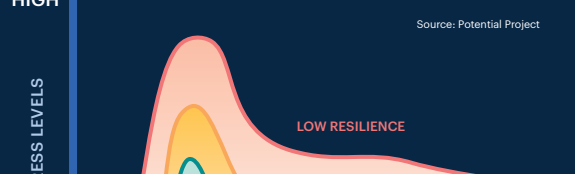


Being engaged with your job is great, but is it dangerous too? It can be.



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

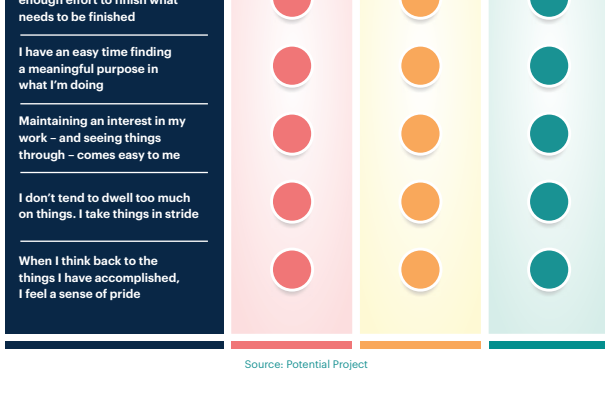
Resilience is defined as the time it takes to recover after a stressful event, to return to your emotional baseline.



Everyone has an individual resilience curve. What is yours?

Take a moment to reflect on the times during the past week when you experienced a strain or setback in your work day.

Was it detrimental to your productivity? How long did it take you to get back to your emotional baseline?



When you are resilient, you persist through adversity with openness and acceptance. You find meaning and maintain your interest even through the setbacks. You move forward with the next right step. Ultimately, you shorten the wave of stress and return to your emotional baseline.

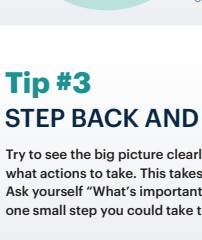
How can I strengthen my resilience levels?

To strengthen your resilience during stressful or challenging situations, here are some tips:

Tip #1

EMBRACE WHAT IS

Acknowledge the situation by seeing things as they really are - as difficult as that may be. Often, we resist seeing things as they are because we don't want to experience uncomfortable emotions. When you feel an uncomfortable emotion, try taking 3 deep breaths to ground yourself!



Source: Potential Project

Tip #2

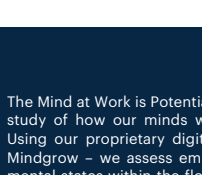
MAKE MEANING

When a difficult situation arises, consider what qualities or capacities have emerged in you as a result. Ask yourself, "How am I emerging stronger because of the challenges I've faced?"

Tip #3

STEP BACK AND MOVE FORWARD

Try to see the big picture clearly so you can determine what actions to take. This takes focus and awareness. Ask yourself "What's important right now?" and commit to one small step you could take to move forward.



Tip #4

LET GO OF FIXED EXPECTATIONS

It's easy to get stuck in this gap between what is and how we want something to be. Embrace setbacks as part of the process and let go of fixed expectations about how things should be.

People illustrations by Storyset