



Building Workplace Resilience



Building a career can be stressful, and no one has ever succeeded without facing some setbacks. That's why resilience is such a useful workplace tool. Resilience means controlling your ego, not panicking in the face of a problem, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady and make rational decisions instead of being driven by emotion.

There will always be periods of large growth, times of relative stability and times in which the economy slows or recedes. To thrive, businesses must respond to these waves appropriately. While workplace upheaval can be stressful, there are things you can do to cope with this challenging environment:

- **Find a healthy balance.** Your work is important, but it's unhealthy for you mentally, physically and socially if you live, breathe and sleep your job. Get off the rollercoaster and away from the stress and uncertainty by finding positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations.
- **Look for the gray.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle ground. It can be a far less stressful place.

Incorporating Exercise into your Day



Even the most dedicated among us are going to encounter setbacks and time constraints that can dissuade us from exercising. Life is unpredictable. Work, kids' schedules, appointments, social events, sickness, tiredness or just plain not feeling like it—all can close in on the amount of time dedicated to a workout routine. The important thing is to find a way to incorporate some exercise into the day, no matter how crazy your schedule becomes. Here are some ways to accomplish this:

- Wake up early and spend an extra 15-30 minutes walking/exercising before work.
- Park your car farther from your destination and walk the extra steps to work, stores and appointments.
- Bring gym shoes to work and take a walk on your lunch break. Ask a co-worker to join you.
- Take a 15-minute break from work and walk around your building or the block.
- Take the stairs instead of the elevator every chance you get. For an even greater workout, take the stairs two at a time.
- Can't get to the gym? Spend time actively playing with your children or grandchildren, inside, outdoors, at the playground or park.
- Lift boxes, help carry items that need moving.
- Clean out a closet, rearrange your furniture, clean the garage, wash the car, do some yard work. Get motivated by knowing that time spent on these activities is a workout for your body.
- Carry bags to your car instead of using a shopping cart.
- Any time you're standing in a line, contract your abs 10 times and then your glutes ("back end" muscles).
- Work out while watching your favorite TV show.
- If you take the bus or the subway, get off at an earlier stop and walk the remaining distance to your destination.
- Use dumbbells, soup cans, laundry detergent containers, milk jugs filled with water or any other weight you can find to lift weights at home.

How resilient are you?

What is resilience?

Confronting crises and difficult situations without getting overwhelmed by them. Being resilient can help protect you from:

- Depression
- Stress
- Anxiety
- Health Issues

5 Tips for Building Resilience

Maintain Strong Connections with Family and Friends

Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times.

Avoid Viewing Problems as Insurmountable

Learn from past experiences and be confident that you will get through a current crisis, too.

Accept that Change is Part of Living

The reality is that certain things cannot be controlled. Accepting change makes it easier to move forward with your life.

Keep a Long-term Perspective and Hopeful Outlook

Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.

Take Care of Your Physical and Mental Health

It's especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise.

