HUNTERLINK
employee assistance provider

Mental Health and Wellbeing Resources

ENHANCING RESILIENCE

Resilience is something common amongst people who are successful and happy.

Building and strengthening your resilience will not only help you to cope with challenging situations or face down adversity when it strikes, but it can improve your overall performance and enhance your happiness and satisfaction as you respond to the day to day pressures and stress that is a normal part of everyone's professional and personal life.

Resilient people are better able to learn from experience, adapt to change and then reach out for support when they need it.

By adopting a few strategies to develop your resilience, you can put yourself in the best position to respond to challenges and cope with adversity.

Exercise Mindfulness

Practicing mindfulness has been shown to decrease stress and improve concentration. Even as little as 5 - 10 minutes of mindfulness exercises per day can make a huge difference to your wellbeing and resilience.

Have empathy

Empathy is being able to look at a situation from another person's perspective and thinking about or understanding why they may respond a certain way or express certain emotions.

It doesn't mean you need to solve other people's problems for them or take responsibility for them, and you're not expected to excuse bad behaviour. Having empathy allows you to see both sides and reflect on other people's experiences or perspectives.

Working with empathy and compassion fosters positive relationships and increases cooperation. This builds a more pleasant and productive workplace for everyone.

Take a break

Research shows that maintaining a balance between work activities and taking short breaks to recharge - taking short mental breaks - can grow our resilience by improving our energy and focus.

This might be as simple as taking a 5 minute break every 90 minutes. Pour a cup of tea, walk around the block or run a simple errand that takes you away from your primary task for a short while. This will give you time to reflect and think more clearly about what you're working on.

Increase your mental agility

Mental agility means we are able to 'respond' rather than simply 'react' to a problem or challenge. This means we are more thoughtful, responsible and considered about our actions, emotions and decisions during and after a challenge or setback. By developing mental agility we can stop and reflect on the best way to solve a problem.

To develop your mental agility, next time you're faced with a challenge, try to stop and take a step back; view the issue from a neutral perpective and then think about different ways to respond.