

openup

# Resilience and Stress

**How to boost your  
resilience**



# Resilience

How one **deals effectively** with pressure, ambiguous and emerging conditions, and multiple tasks, and **recovers quickly** from setbacks.

## Resilience *is*...

- The capacity to quickly recover from difficulties.
- An ability we can learn and develop that requires time and attention.

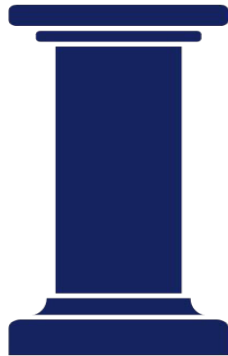


## Resilience *isn't*...

- Being emotionally unaffected by adverse events.
- A personality trait we do or do not possess.



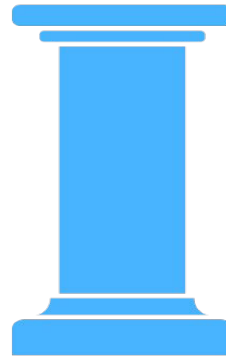
# The 4 pillars of resilience



**Physical**



**Social**



**Meaning**



**Mental**

# When was your resilience tested?








# Questions related to stress that we hear



- “It’s very busy at work, and I have a lot on my plate. I’m experiencing stress and have difficulties with **setting boundaries and priorities**”
- “I’m not sure what I find **important in life**. I would like to learn how to make the right make decisions”
- “I just **started a management position** and struggle with finding a new balance and being there for my team.”
- “**A lot has changed** in my private life. I am exhausted and I don’t know how to get back my energy.”

# How do you know you are stressed?

					
Emotion / Feeling					
Physical sensation					
Thoughts					
Tendency / Urge					
Behaviour					

# What helps you to deal with the stress?

## Fill in the table to make it personal:

- What helps to stay calm
- What helps to turn down the heat when the water starts warming up
- What helps to regulate the heat when the water is boiling



# Some tools...



 Positive Journaling

 Relaxation

 Mind dumping quarter

 Prioritizing your health

 Breathing techniques

# And what else is related to resilience?



 Setting boundaries

 Finding meaning

 Social network and support

 Handling difficult emotions

 Self-confidence

# Reflective question

What is the first thing you can do to work on your resilience?



# Recap

## Resilience is:

- Handling and bouncing back from stressful experiences.

## To work on your resilience you should:

- Be mindful about your well-being and signs for distress.
- Learn how to react to your needs.

