Build Your Resilience
The Program

Welcome / Learning Points
Ask Yourself…
What Is Resilience?
It’s About Attitude
What It Takes
An Example
Why It’s Important

The Stress-Hardy Personality
Hone Your Skills
Make a Plan
About Professional Support / Closing
Learning Points

• Define resilience.
• Identify what it takes to be resilient.
• Determine personal resilience level.
• Find ways to be more stress-hardy.
What Is Resilience?
It’s About Attitude

- Confident
- Healthy
- Flexible
- Creative
- Empathic
- Proactive
- Positive
- Problem-solvers
- Sense of humor
- Good boundaries
- Good relationships
- Learn from mistakes
- Good interpersonal skills
- Good stress-management skills
What It Takes

- Demonstrate empathy.
- Confident and self-assured.
- Oriented to solving problems.
- Hold a generally positive outlook.
- Maintain good personal boundaries.
- Have competent interpersonal skills.
- Have solid relationships and support.
- Attend to their health and manage their stress.

- Flexible and adaptable to changing circumstances.
- View mistakes and failures as learning opportunities.
- Able to anticipate problems or changes and prepare for them.
- Use creativity to find new ways to solve problems or adapt to rapid changes.
- Have a good sense of humor, able to laugh at themselves and the situation.
Why It’s Important

Workplace uncertainty & changes.

Unpredictability.

Rapid global & technological changes.
The Stress-Hardy Personality

Resistant to stress.

Meets challenges.

Finds opportunities.

Makes choices.

Gets involved.
Hone Your Skills

- Laugh.
- Set goals.
- Be creative.
- Find balance.
- Attitude is a choice.
- Believe in yourself.
- Focus on your health.
- Focus on relationships.

- Remember, it’s temporary.
- Be aware of your feelings.
- Expect what’s coming next.
- Identify what you can control.
Make a Plan

• Ask yourself what ideas, behaviors, attitudes, feelings, techniques about building my resiliency did I gain?
• Focus on applying these techniques.
• Seek support.
• Review progress.
• Continue to develop skills and review.
• Commit to the action plan.
Employee Assistance Program (EAP)

- Free counselling and support for all employees and eligible family members.
- Easily accessible, voluntary and confidential in accordance with the law.
- A service that can provide support for personal or work-related issues.
- Staffed by experienced professionals.
You may consider seeking professional support if you experience any of the following:

- Sleep problems.
- Performance issues at work.
- Relationship difficulties with family or friends.
- Loss of interest in hobbies you normally enjoy.
- Lack of care about normal everyday work tasks.
- Excessive anxiety or worrying more than normal.
- Feeling overwhelmed or sad for more than two weeks.
- A noticeable change in appetite, eating too little or too much.
- Behavior and coping methods have become harmful to yourself or others, whether that is through aggressive behavior or unhealthy habits, such as alcohol or drug misuse.
- Thoughts of harm to self and/or others.

Keep in mind some of these conditions may warrant more urgent professional help and you should seek support if you are unsure.
Thank you for attending today’s presentation.

Build Your Resilience