EMPLOYEE SERIES

Tips for building resilience.

Develop a strong sense of purpose.
Resilient people have a strong sense of purpose and meaning for why they do what they’re doing. They are guided by a vision that gives meaning to their work and lives.

Develop a healthy sense of control.
Being resilient means focusing your energy on those events that they have influence over, rather than situations beyond their control. They accept circumstances that cannot be changed.

See change as a challenge/opportunity.
Resilient people tend to see change as something to confront and overcome, and as an opportunity for self-reflection, learning and growth.

Develop self-confidence.
A resilient person has a healthy concept of self. They believe in themselves and their strengths and abilities.

Be optimistic.
People with an optimistic outlook do better at managing stress and chaos. When you catch yourself thinking negatively, challenge yourself to reframe the situation more positively.

Good social support.
Resilient people rely on others to help them survive tough times. Developing a good social support of friends and family can help lessen the impact of stress.

Become flexible and adaptable.
Being resilient means being able to adapt to new people and situations quickly. Letting go of the old way of doing things and quickly learn new procedures and skills.

Use sound problem-solving strategies.
A resilient person uses their logical and creative mind to map out sound problem-solving strategies. They set realistic goals and outline a specific plan of action.

Have a good sense of humour.
Resilient people are playful and curious. They find the humour in rough situations, and can laugh at themselves.

Stay healthy.
Being resilient means taking care of your body and mind; exercise regularly, take time for relaxing activities, and maintain balance in their lives.

Access Wellbeing Services customer service team is available 24/7. So if you would like to book an appointment and/or speak with one of our counsellors, it’s as easy as calling 1300 66 77 00 or visit our website www.accesswellbeingservices.com.au