











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

References: Adapted from 'The Power of Resilience: Achieving balance, confidence and personal strength in your life' by Sam Goldstein (2003)