













## EMPLOYEE SERIES

### Tips for building resilience

-  **Develop a strong sense of purpose.** Resilient people have a strong sense of purpose and meaning for why and what they do. They are guided by a vision that gives meaning to their lives.
-  **Develop a healthy sense of control.** Being resilient means focusing energy on those events that you have influence over, rather than situations beyond your control. Accept circumstances that cannot be changed.
-  **See change as a challenge / opportunity.** Resilient people tend to see change as something to confront, 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. Challenge negative thoughts, and reframe the situation more positively.
-  **Good social support.** Resilient people rely on others to help them survive tough times. Developing a good support network of friends and family can help lessen the impact of stress and improve resilience.
-  **Become flexible and adaptable.** Being resilient means being able to adapt to new people and situations quickly. Let go of old habits and embrace new skills.
-  **Use sound problem-solving strategies.** A resilient person uses their logical and creative mind to map out sound problem-solving strategies. Set realistic goals and outline a specific plan of action.
-  **Have a good sense of humour.** Resilient people are playful and curious. Seek out the humour in difficult situations, and allow yourself to laugh.
-  **Stay healthy.** Being resilient means taking care of one's body and mind, exercise regularly, take time for relaxing activities and maintain balance in one's life.

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

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 New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)