



# Resilience

“In a Nutshell”

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We all have “our ways” that help us get through the day and stay sane. Whether we make time to exercise or just have a cup of coffee enjoy, those things improve our physical and mental health.

## What is resilience?

Each of us has our daily routines that help us face the day, whether they are conscious things we take time out for or subconscious ways we de-stress. When we do not have those rituals or coping mechanisms in place to help us, we fail to shake the pressure of the day.

If you ask yourself how you cope with stress, you may already have an answer - you might exercise, spend time with your family, or talk to someone who cares about you. Those are all healthy.

Alternatively, you might partake in a little “retail therapy” or have a few drinks, which can be unhealthy and come with their own problems. The important thing is that you recognise how you deal with your stressors.

## It is important to have healthy routines for resilience

Without the right coping mechanisms, it can have a serious impact on our mental and physical health.

Our emotions are like waves of water whose kinetic energy must be expelled in order for the water to return to its natural, placid state. If we do not engage in self-care activities of some sort, we can then start to feel the physical symptoms of stress or anxiety, we are all familiar with.

For some people, it can get worse and cause anxiety or several other negative emotional states. In the end, not taking care of our stress can impair our ability to function in even the simplest of tasks, making an overt effort to care for one’s emotional health improves work performance, mood, and overall physical health.

## How to develop and make time to build our resilience

Now that we have defined what these rituals are and why they are important, how do you go about building them yourself? You do need to find the activities that will work for you and make time for them.

## Track your mood and identify your stress points

- It is easy to say “work stresses me out!” but identifying the things that bother you is only part of the battle.
- After all, you cannot turn your work into something it is not, but you can change the way you respond to it and how work makes you feel.
- Start tracking your mood. It may take several days, but you can quickly go from “I had a bad day yesterday” to “those Wednesday meetings always leave me stressed out.”
- It is helpful to get an idea of what your triggers for stress or emotional distress are so that you can determine how best to reduce them.
- There are many helpful mood-tracking apps that are available for smartphones or just carry a small note pad, once you begin tracking your mood, you can easily identify your stressors (and what you did and how you felt after you ran into them).



- Look back over your log and try to think about what happened during those times you were stressed out, depressed, sad, or just really angry. You will probably notice some common themes or things that get you down on a regular basis.

Once you have your list, you can then label your stress responses in terms of:

Emotional

Physical

Behavioral

Focusing on the emotional and physical results of our triggers forces us to be more mindful of ourselves, something that is essential to countering the effects of stress and anxiety.

### Define what could be your support routines

Support routines or something you can do whenever you are stressed or feel you may become stressed – preferably something you can do wherever you are i.e. on a train, plane, or in the office or at home

Whether it is taking a few minutes to meditate or whatever works for you – try mindfulness, there are many apps to download but try **“Headspace, get some”**

### Simple stress busters are:

- Exercise
- Laughter
- Going for a walk
- Having a glass of water

### Make it a habit

Make these stress busters into habits your default position! As soon as you recognise **that** feeling knowing you have something you can do about it helps, keeps you in control of you.

Another helpful way to set up a prevention routine is to schedule some “me time” during the day – think about yourself as a battery and you need to make sure your battery is fully charged – how do you fill your battery? If there is more going out and not enough going in – you will end up with a flat battery / stressed – anxious and possibly depressed – keeping a full battery helps us cope when life throws too much at us – the fuller the battery the more power you have – power over emotional stress

Taking time for yourself can also improve your overall mood and should not be just for when you feel stressed.