

# BUILD YOUR RESILIENCE – 3 Rs to Relieve Stress and ‘Bounce Back’



## RELAX

*‘Take 5’ to calm & de-stress.*



Take 3 deep breaths



Tense & Release



Visualize a relaxing spot



Recall a pleasant memory



Have a laugh



## REFLECT

*Challenge your assumptions.*

*A thought is just a thought - it might not be true.*



Blaming & judging yourself



Blaming & judging others



Overgeneralizing & unrealistic expectations



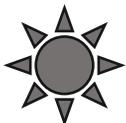
Awfulizing about the future



**ASK YOURSELF:**

-How else can I think about this?

-What else can I do?



## RESPOND

*Cultivate realistic optimism & positivity.*

*Positive outcomes take communication, effort, planning & problem solving.*



Look for things you can control



Celebrate small successes



Reach out to get & give support



Express appreciation & gratitude



Identify your strengths & mine



Take small steps



See mistakes as OK



## Respond with Resilience → *Cultivate Realistic Optimism & Positivity*

*It's the small things, done consistently, that reduce stress and build resilience.*

**Look for controllable parts.** Concentrate your efforts on things you can actually control or change. Being realistic about what is not within your control is empowering. It frees you to set achievable goals. You might not be able to change your current work load. However, you may be able to adjust how you manage your responsibilities or think about daily tasks. Remember, the only behavior you can control is your own. If you want to change someone else's behavior, change the way you respond to it!

**Look for strengths.** We all have strengths. We all can make unique contributions. Recall a time when you steered through a difficult situation. You used your inner strengths to do this. Recognizing your strengths will boost your confidence and motivate you to build on them. The same positive effects will take place for others when you recognize and work with their strengths.

**Reach Out.** We all need help sometimes. You may have been raised to think that asking for help shows weakness. Actually, reaching out for support is a sign of mental health. Developing a social network of support is key to building resilience. Reaching out to support others gives life meaning and promotes positivity. Reaching out to opportunity can lead to personal and professional growth.

**View mistakes as OK.** We are going to make mistakes. It is inevitable. Accepting this reality can motivate you to pick yourself up after a stumble and keep on trying until you find a better way. Viewing mistakes as simply part of the learning process, encourages you to try new things.

**Take small steps.** Sometimes a challenge can feel so large it's easy to believe you will never get through it, much less overcome it. Taking small steps can scale down the challenge. Each small step adds to many steps toward a desired outcome. And you'll feel less overwhelmed because you can measure your progress as it occurs. Another strategy is to identify the challenge not as a threat, but as an opportunity to learn and grow. Ask yourself: *"What steps can I take to make this work?"*

**Celebrate small successes.** Why bother to pat yourself on the back with each small success? It's encouraging and boosts your spirits! It's healthy and motivating to acknowledge your progress personally. It feels really good when others notice and celebrate your accomplishments, too. Why wait? You don't have to throw a party. There are many ways to celebrate small successes.

**Appreciate simple pleasures.** Relaxing with a hot cup of tea; spending time with family and friends; inhaling the sweet smell of an infant's head. These are simple pleasures that don't cost a cent but are worth a million bucks. Research shows that **expressing gratitude and appreciation** helps protect us from depression and maintain a positive outlook, even in difficult times. What are three things you are grateful for?

**Use humour.** Finding a way to laugh about a situation provides a different perspective and melts away stress. Using humour has many health benefits: boosts the immune system; provides energy to heal from illness; encourages mental health and recovery from trauma. Humour also connects you to others and helps you see difficult situations in a more positive light.