

# Building Resilience

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Because of the pace of life it is very difficult nowadays to avoid pressure but we can reduce the likelihood of becoming negatively affected by pressure by making ourselves more resilient.

## Resilience building

Pressure can be beneficial, motivating us to perform and giving us a sense of satisfaction when we succeed. The definition of stress is the 'adverse reaction to excessive pressures of other demands'. Prolonged periods of stress can have a direct negative impact on health making us more susceptible to picking up viruses and developing other physical and mental health issues. The good news is research shows that everyone's resilience to stress can be increased and there are a number of ways of doing this.

## Be in Control

If individuals feel they can control their destiny, even if that's just setting their own deadlines or owning a project or initiative it can have a positive impact when faced with life's pressures. Do you have control in your personal life? Sometimes we may feel like others are making decisions for us and in some cases this may be true. Having an assertive approach is important in letting people know who is in charge of your destiny. But remember, assertiveness does not mean arrogance. Respecting other people's boundaries is as important as respecting our own.



## Boost your Vitality

Sleep deprivation and poor diet can have a huge impact on energy levels, well-being and coping with pressure. If we feel out of sorts it can impact the way we handle pressure. Eating well by having regular meals and fresh food rather than fast food will help maintain energy levels to manage challenges. Regular exercise, whether it is walking at lunchtime, taking the stairs instead of the lift or a session in the gym will help keep the body and mind strong and healthy.

## Socialise

Rather than tackling an issue alone confiding in friends, family, colleagues or your Employee Assistance Programme can help you feel more supported. Feeling supported and knowing you have a network which you can turn to during challenging times, will help make you more resilient to life's pressures.

## Stay Optimistic

Although our ability to thrive under pressure is largely dependent on our basic genetic disposition and principles for living imparted to us in early life, equally important is the ability to view obstacles as positive challenges to overcome. Research shows that people who view a challenge with a 'can-do' attitude rather than viewing it as a threat are less likely to suffer negative affects of pressure. Everybody needs a helping hand from time to time, so if you require support in building resilience or managing pressure don't forget your Employee Assistance Programme is free, confidential and available 24 hours per day 7 days per week.