


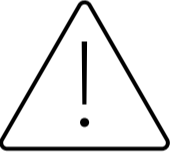
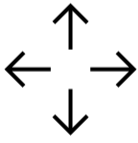





Tips for Building Resilience During Change

Resilience is the ability to adapt well to any challenges and stressors you may face in life. The more resilient you are, the more you will feel able to “bounce back” from difficult experiences.

We all face challenging times in our lives, but it’s how we respond to them that can help make a difference. The good news is that resilience is **not** something you either have or don’t have. There are things you do to help become more resilient.

Here are some top tips for building resilience during change and improving your mental wellbeing:

	<p>1. Know what you can control</p> <p>Don’t confuse what you can control with what you can’t control. Some things are out of your hands – and it’s usually obvious what they are – so it pays to focus on what you can actually do to help a challenging situation you may be in. You could make a list and categorise: things you worry about (circle of concern) and things you can change (circle of influence). To improve your resilience, focus on things you can change.</p>
	<p>2. Make connections</p> <p>Having supportive colleagues, friends or family can help during hard times. They can offer emotional and practical support. Setting aside time to talk with someone you trust about how you’re feeling can really help, whether over the phone, internet or in person. Look for ways to have healthy, constructive conversations.</p>
	<p>3. Be in the moment</p> <p>Being mindful or in the present moment helps keep your mind focussed. Ruminating over the past or worrying about things in the future can be exhausting and unhelpful. There are many free guided mindfulness apps and resources available out there. You could try a few to see if one feels right for you.</p>
	<p>4. Embrace failure</p> <p>Sometimes the greatest lessons in life are learned through failure or things not going your way. If you make a mistake, turn it into a positive and learn something from it. And don’t be too hard on yourself – everybody makes mistakes.</p>
	<p>5. Accept change</p> <p>Life is fluid and changing all the time. Some changes are bigger than others or completely unexpected. Accepting change and being adaptable is an important part of being resilient. You could look at whether the change gives you opportunities to try something new or different. What do you want out of the new few years? Are there new roles and responsibilities available during the change that interesting to you?</p>
	<p>6. Be grateful</p> <p>Sometimes it’s easy to lose sight of the big picture. Don’t focus on what you don’t have. Think about all the things you do have and that you perhaps take for granted. Writing down the things you’re grateful for can help you see the big picture.</p>
	<p>7. Look after yourself</p> <p>When you’re under pressure or stressed out it’s critical that you don’t forget about your own needs. Remember to eat healthy food, drink water, exercise and get enough rest. If you look after yourself, you will feel more prepared to face adversity. Breathe! Practice deep breathing to reduce your anxiety and blood pressure and lower your stress levels.</p>
	<p>8. Be optimistic</p> <p>It’s important to keep a positive outlook during challenging times. Having hope and a belief that things will be OK can help you get through setbacks and challenges. Having something booked to look forward to, like a fun activity or holiday, can also help you feel more positive about the future.</p>

If you’re struggling to get through a difficult time, reaching out to your supportive personal networks is a really good step. However, if things aren’t improving, professional help is always available. Don’t hesitate to contact EAP, your GP or healthcare provider if you feel overwhelmed by your situation. Sometimes the bravest thing you can do is ask for help.

Source: [Resilience | Health Navigator NZ](https://www.healthnavigator.org.nz/)