

Building your Resilience



What is resilience?

- Resilience is having the ability to overcome difficulties, challenges and stressful situations, recognising that as individuals we all deal with situations in different ways. Every day, things happen that test our resilience. Through all of these challenges – both positive and negative – you still have to stay focused at work and at home and take care of yourself and the people you love. That's easier to do the stronger and more resilient you feel



Why is it so important?

- Resilient people are those who are able to use their skills and strengths to cope, bounce back and recover from problems and challenges to help remain focused and productive. A resilient team will handle change and challenges with energy, effectiveness and positive action. It means they can adapt and learn from difficult situations in ways that foster strength and growth and can in many cases emerge even stronger than they were before.



Spotting the early signs

- Signs that your resilience is being affected may be:



Feeling stressed or anxious



Having difficulty overcoming problems



Struggling to cope with change



Working longer hours



Not finding the time for the things that are important to you



Health problems



Finding it hard to feel positive





How resilient am I?

Online tools can help you understand how resilient you are, and where you might need to do more. These are free and easily available to you.

[i-resilience](#)

- A personal i-resilience report helps you to build on existing areas of strength, and manage any potential risk areas



What can I do to be more resilient?

- The great thing about resilience is that while it's partly about your personality and your genetic make-up, there are also skills that you can learn in order to help boost your resilience.



What resources are available?

Use the following links below to explore resources available to you.

[Building Resilience](#)

Simple lifestyle changes to become more resilient



[Learning to deal with pressure](#)

Tips to help manage the pressure on you



[Mindfulness](#)

An introduction to practising mindfulness



[Mental Health at Work gateway](#)

Resources, toolkits and case studies in one place



How can I help my team become more resilient?

There are also the following resources to support you if you're a manager, to build resilience in your team.

- [Building energy and resilience in your team](#)
- [Ways to Support Employees Who May be Overloaded or Under Stress](#)
- [Managing employee workloads](#)



Where do I go if I need immediate help?

If you feel things are getting on top of you, speak to your manager or to a trusted team member about how you are feeling. You can also explore the following support.

Call:

Samaritans: 116 123

Mind: 0300 123 3393



Visit Online:

[Mind](#)

[Relate Live Chat](#)

[The Money Advice Service](#)

