HOW TO BE MORE *RESILIENT* AT WORK

Resilience is the ability to recover quickly from difficulties or setbacks, adapt easily to change and move forward through challenging times. At work, resilience is important. It helps you problem solve more effectively, sets a good example for the people around you and can also promote a positive culture.

Here's four tips for how to be more resilient at work:

1 **Put things in perspective:** Take a few minutes to consider the context of any problem or roadblock you're facing. Don't dwell on worst-case scenarios. Instead, think about this issue in terms of your lifelong professional development. Even when things go sideways, you can still take it as a learning opportunity.

2 **Touch base with a manager or mentor:** Talk to the people who are there to support you and ask for advice or guidance if you need it. Don't hold in or hide your problems — everyone experiences pitfalls and setbacks, and people more experienced than you can help you handle these bumps in the road.

3 **Present a positive view:** Being optimistic doesn't mean wishful thinking or plugging your ears to issues and problems. It means accepting situations and continuing to move forward. Practice problem-solving with an optimistic point of view instead of only thinking what could go wrong.

4 **Treat yourself with respect:** Your personal worth is not defined by your professional success. Take care of yourself, and practice positive self-talk. Do things that make you feel good and put your physical and emotional health first, regardless of what's going on at work.

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