Building resilience for a happier and healthier life

Step 1: Balance your life

- Think of the activities that make up your life and give you balance.
- Then place them in a “time pie”. Draw one up, you might be surprised.
- Remember this is not a one size fits all. Some people will spend more time in some areas and less elsewhere.
- Ask yourself “Is this the division that I want?”
- Rarely are our needs met by just one role. Invest time and energy in all aspects of your life.
- So, are your segments in the right proportion? Do you have the balance you want?
- If not – do something about it!

Step 2: Recognise and manage your stress

Caution: “Flashing Lights”

1. **Psychological**
   (eg, anxiety, depression, paranoia)

2. **Behavioural**
   (eg, cranky, withdrawn, memory problems)

3. **Physical**
   (eg, tiredness, aches and pains)

4. **Spiritual**
   (eg, emptiness, lack of purpose)

**Signs of Healthy Load**
- Effective problem solving
- Appropriate sense of humour
- Co-operative
- High work standard
- Clear thinking
- Harmonious relationships

**Signs of Overload**
- Deadlines met
- Plenty of energy
- Timeliness
- Balanced life
- Open to feedback
- Feelings of being valued and competent
- Care for others

**Signs of Underload**
- Poor memory/concentration/decision-making
- Anxious
- Mood swings
- Poor attendance
- Reduced humour
- Constantly taking work home

**3 Pronged Approach to Stress Management**

1. **Diet:**
   - Balanced
   - Lunch breaks
   - Decrease stimulants
   - Increase vitamins and minerals
   - Beware of comfort eating – know your patterns

2. **Exercise:**
   - Min 20 minutes a day
   - Must get heart rate up so have at least light – mod sweat
   - Increase endorphins
   - Decrease adrenaline and cortisol

3. **Quick Stress Busters:**
   - Activities you enjoy
   - Gym workout
   - Talking it out
   - Laughter / positive people
   - Two minute turn off
   - Leisurely bath
   - Aromatherapy
   - Favourite music
   - Relaxation, massage
   - Yoga / pilates / stretching
   - Breathing - exhalation focus
   - Schedule a worry stop
   - Time with family or friends
   - Doing something for others you find gratifying
Step 3: Have a healthy approach to change

Everyone reacts to change differently. Some enjoy change … it excites them. Others prefer to stick with the way things are. Whatever your response, be aware of your reactions and work positively towards managing what you can and can’t control.

It can take time to adjust to change. Let people know how you are going and ask them to respect your views as you move towards accepting the new situation.

Your attitude to change really counts! Remember: “Whether you think can or you think you can’t … you’re probably right.”

Step 4: Know what you can and can’t control

- You cannot control other people.
- You can only control yourself.
- But you can influence other people by changing your responses to them.

Practice the Personal Power Grid to help you invest your energy wisely in the areas that you can control.

Step 5: The most important step is to have a positive attitude

A helpful reminder for achieving balance:

B: Balance work, home, health and fun
A: Accept the differences of others
L: Laughter and love
A: Attitude of positiveness
N: No right or wrong, only differences
C: Control – know what you can and cannot control
E: Exercise for energy
D: Diet
  - Daily discipline and practice to maintain peak performance

At the end of the day, it’s your choice – your attitude affects your health, so choose a positive attitude. A negative attitude may bother other people, but it can actually make you sick.