

Siskiyou Community Health Resilience

There is no Siskiyou without Y-O-U!

Resilience is the ability to “bounce back” from stress or adversity. The upcoming communications will focus on aspects of the following which will act as a template or outline of future topics to be addressed. Generally these are designed to improve your resilience in the workplace.

Build Your Resilience in the Workplace

The good news is that even if you're not a naturally resilient person, you can learn to develop a resilient mindset and attitude. To do so, incorporate the following into your daily life:

- Get enough **sleep** and exercise, and learn to manage stress. When you take care of your mind and body, you're better able to cope effectively with challenges in your life.
- Practice **thought awareness** . Resilient people don't let negative thoughts derail their efforts. Instead, they consistently practice positive thinking. Also, "listen" to how you talk to yourself when something goes wrong – if you find yourself making statements that are **permanent, pervasive or personalized**, correct these thoughts in your mind.
- Practice **Cognitive Restructuring** to change the way that you think about negative situations and bad events.
- Learn from your mistakes and failures. Every mistake has the power to teach you something important; so don't stop searching until you've found the lesson in every situation. Also, make sure that you understand the idea of "**post-traumatic growth**" – there can be real truth in the saying that "if it doesn't kill you, it makes you stronger."
- Choose your response. Remember, we all experience bad days and we all go through our share of crises. But we have a choice in how we respond; we can choose to react negatively or in a panic, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you.
- Maintain perspective. Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that

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much of an impact over the long-term. Try to avoid blowing events out of proportion.

- If you don't already, learn to set **SMART, effective personal goals** – it's incredibly important to set and achieve goals that match your **values**, and to learn from your experiences.
- Build your **self confidence**. Remember, resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses that they might be facing. This belief in themselves also enables them to take risks: when you develop confidence and a strong sense of self, you have the strength to keep moving forward, and to take the risks you need to get ahead.
- Develop **strong relationships** with your colleagues. People who have strong connections at work are more resistant to stress, and they're happier in their role. This also goes for your personal life: the more real friendships you develop, the more resilient you're going to be, because you have a strong support network to fall back on. (Remember that treating people with compassion and **empathy** is very important here.)
- Focus on being flexible. Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped.

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