



Resilience

LUEMO
WORKPLACE WELLBEING

Resilience is the human ability to positively adapt, recover and return to normal health in spite of life's problems. The good news is we can all build our resilience!

One of the things that makes a person resilient is the behaviour they choose when faced with a big problem or challenge. By choosing the right behaviours, resilient people can navigate their way through problems. Choosing the wrong behaviours won't help get through problems and can often make problems worse. *Compare these behaviours...*

People who are resilient will...

- ✓ Realistically acknowledge problems, emotions, and challenges.
- ✓ Remain open-minded and accept change.
- ✓ Exercise, eat right and sleep.
- ✓ Reach out for help.
- ✓ Put a boundary around an experience and not let it define them.
- ✓ Consciously challenge themselves to build up their skills.

People not choosing resilience may...

- ✓ Ignore problems and deny their emotions.
- ✓ Will not try new things or accept change.
- ✓ Drink, gamble, take drugs to cope.
- ✓ Withdraw from others.
- ✓ Allow a failure/problem to overshadow their whole life.
- ✓ Wash their hands of responsibility and expect others to fix problems.

Have you seen these behaviour choices in action? Next time you are faced with a problem, try reviewing the list and think about your choices.

Want to read more about resilience?

- ➔ [Check out Top Tips for Tough Times on the Luemo's member portal](#)



It's good to be connected...!

The most resilient workplaces are connected workplaces. What this means is people feel like they belong, they are valued, they feel like they know people, and they have common ground. Building connection is not just the boss's job! You can do it too! Start with these simple tips: say "good morning" say "see you tomorrow" offer help and accept help, have a laugh, and say 'great job' when you notice something good. Let's make work a place where it's good to be you by making it good to be together!

Remember to have a laugh!

Laughter is great fun and it's also great to help manage stress and look after our short and long term health*. Laughter enhances your oxygen intake which stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. A good laugh fires up and then cools down your stress response, and it can increase and

then decrease your heart rate and blood pressure, resulting in a good, relaxed feeling. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress. So, lighten up and get the joke book out!

*Mayo Clinic Healthy Lifestyle blog

Winter health tips...

The cold weather can make it tempting to let go of good habits!

Remember to:

- ✓ Keep low moods at bay by getting outside everyday for light and exercise.
- ✓ Avoid too much 'comfort food' and keep up your fresh fruit & vegie intake.
- ✓ Stay hydrated with water and warm caffeine free drinks.
- ✓ Avoid transfer of viruses and bacteria with regular hand washing, wash linens and clothes, sanitise your desk, and keep your distance if you are unwell.
- ✓ Consider a health supplement and flu shot.

