

Don't Manage Stress: Be Resilient To Stress

What is stress resilience?

Stress Resilience is a new way to think about the stress in your life. Being resilient means that you control your stress and not the other way around.



How can I build stress resilience?



- **Recognize** that stress is inevitable and that it is a natural part of your life.
- **Prepare** for and consider how you want to deal with upcoming stressful situations.
- **Understand** and use the tools of resilience that will help you deal with stressors in real time.
- **Build** in recovery time for yourself each and every day.
- **Develop** stress hardiness through good eating, fitness and positive thinking habits

How will being resilient help me in everyday life?



- You will not feel victimized by your stress but instead you will have more control over stress.
- You will find you have more options in dealing with stressful situations.
- You will be more effective at work and will have more time to enjoy your family and yourself.
- You will find greater satisfaction in your life!

What is a routine?

