

Positively Build Your Resilience

Being optimistic is our normal way of dealing with stress and is a key to being resilient. Even though we may feel negative in difficult situations, we are hard-wired to be positive.

THINK
Positive

What do optimists do for themselves and others?



Yourself

1. Optimists see their actions as a result of their initiatives and not somebody else's actions.
2. Optimists recognize that mostly good things have happened to them.
3. Optimists celebrate good things and minimize negative things.

Others

1. Optimists praise others. Research shows that leaders who give more praise than criticism have high-performing and engaged teams.
2. Optimists know how to deal with conflict effectively and use it to help themselves and others learn.
3. Optimists are strengths-based and help others to use their best assets effectively.

What can you do to be more positive?



- yes
 no
 maybe

- **Start small:** Look for positive things during the day for yourself and others, and acknowledge success.
- **Create a positive environment:** Build a brag session into your staff meetings.
- **Find positive people:** Spend time around positive people, and avoid people who gossip and are negative about others.
- **Remember good things:** Write down and talk with others about successes.
- **Be grateful:** Thank people for their good work and kindness.