

EMOTIONAL INTELLIGENCE & POSITIVITY

Session Follow-up

RESILIENCE & RENEWAL AT WORK

Resilience is defined as “the ability of an object to spring back into shape.” Our resilience is what enables us to bounce back—to thrive in a life of uncertainty and relentless demands.

The good news about resilience is that it can be learned and developed. Building resilience is a conscious process that is important for battling the chronic stress, exhaustion and non-stop pace of life.

Take a look at the following two lists:

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| 1. Relationships with family and friends | 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. |
| 2. Avoid seeing crises as insurmountable problems | 2. I wish I hadn't worked so hard. |
| 3. Accept that change is part of living | 3. I wish I'd had the courage to express my feelings. |
| 4. Move toward your goals | 4. I wish I had stayed in touch with my friends. |
| 5. Take decisive actions | 5. I wish that I had let myself be happier. |
| 6. Look for opportunities for self-discovery | |
| 7. Nurture a positive view of yourself | |
| 8. Keep things in perspective | |
| 9. Maintain a hopeful outlook | |
| 10. Take care of yourself | |

The list on the left outlines the top 10 factors related to resilience as identified by the American Psychological Association. The list on the right contains the top 5 regrets of the dying outlined in a recent book by palliative care nurse, Bonnie Ware. See any overlaps?

The point is, resilience is not just about how well we handle day-to-day challenges or major adversities. It's about how we experience the quality of our lives.

Richard Davidson, author of *The Emotional Life of Your Brain*, partnered with mindfulness expert, Jon Kabat-Zinn, to investigate the impact of mindfulness meditation on employees in a high-pressure biotech startup. After practicing daily for 8 weeks, employees felt more resilient and reported that they felt more connected with what they enjoy about their work.



[Brene Brown: The Power of Vulnerability](#)

[Building Resilience](#) (HBR, Apr 2011)

[13 Tips for More Resilience](#) (MindBodyGreen, Oct 2013)

[The Road to Resilience](#) (American Psychological Association)

[Americans Are Too Afraid and Stressed to Take Days Off Work](#) (HuffPost, Aug 2014)

Try it yourself. Studies show that as little as 10 minutes of daily mindfulness meditation can have a big impact on reducing stress and strengthening resilience.

Follow these instructions for a simple breathing meditation:

- Find a quiet, private place free of distraction
- Sit comfortably, with your back straight but muscles relaxed
- Focus your awareness on your breath, paying attention to the sensations of the inhalation and exhalation
- Note any thoughts as distraction—release them non-judgmentally and return your attention to your breath