

How do I become more Resilient?

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Resilience is 'our capacity to recover quickly from difficulties'. It is our ability to bounce back from everyday challenges and stresses, as well as from major and unexpected events.



Imagine an elastic band: a resilient band can be pulled, stretched and will return to its original shape immediately - but even a rubber band can lose its resilience.

The good news is that, unlike elastic bands, we can develop and strengthen our resilience – it just takes practice and commitment.

It's a fact of life that we will all have bad days, days when we feel we've failed and made mistakes. Being resilient means that on these occasions, or when life events hit us unexpectedly, we don't dwell on failures or wallow in the unfairness of it all, we bounce back and have the strength to learn and also to build on what went well.

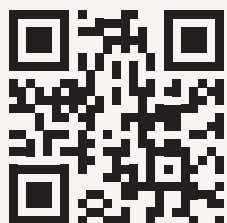
According to legend, Thomas Edison, inventor of the incandescent light bulb, made thousands of prototypes of his light bulb before he got it right and is reputed to have said 'I have not failed, I just found 10,000 ways that won't work'. He went on to be awarded more than 1,000 patents and his inventions included the phonograph, the telegraph and the motion picture.

We all have the ability to be resilient, some more so than others, but no matter where we are on the resilience continuum we can all take steps to develop our 'bounce-back' ability.

Much has been written about 'Building Resilience' but there are some common themes and practices which will help you:

- Look after yourself and keep hydrated: Take care of your mind as well as your body and you'll be better able to cope with life's challenges.
- Relax and believe in yourself: Find a healthy way to manage stress which works for you and build self-confidence by focusing on your strengths.
- Challenge negative attitudes and thoughts: Resilient people don't let negative thoughts deter them from their goals – they look for the positives.
- Each day focus on what went well: mistakes happen so see them as learning opportunities and recognise the good things.
- Make time to have fun and laugh - these help us regain perspective and relax, which in turn helps us feel stronger.
- Use your support networks; invest in friends and family, and they will help you to bounce back and roll with life's setbacks.

Remember your Employee Helpline is also a source of support if you would like help to become more resilient.



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