

# Improving your resilience



## How to improve your resilience

Stress, change and uncertainty are part of our lives and something we have all experienced throughout the Covid-19 pandemic. The majority of stressful events are beyond our control and there is often nothing we can do to change it. It is how we deal with them that makes all the difference.

When things don't go to plan some people seem to adapt, bounce back and learn from their setbacks, whereas others tend to find it more challenging. If you're one of those who copes well under pressure, you could be described as resilient.

Being resilient allows you to learn from your mistakes rather than letting them get you down. You move forward, whatever comes your way. Not being resilient, on the other hand, means you may experience poor emotional wellbeing and stress-related ill health as a result.

## How to develop resilience?

Resilience isn't something you have to be born with. You can develop resilience at work and in all other areas of your life – and it's not as difficult as it sounds. Investing in self-care will help to manage our emotional wellbeing and increase resilience levels.

- Stay active – it is important for your physical and mental wellbeing
- Eating healthily can help you be more resilient because you'll have more energy and a more balanced mood. Read our Nutrition Guide for more information about maintaining a healthy lifestyle
- Prioritise your sleep – having a good night's sleep doesn't just make you feel rested and refreshed, it can also boost your energy, your mood and help you concentrate and focus better. Read our Sleeping Tips factsheet for more info
- Invest in building good relationships. Good relationships can make you more resilient to stress and anxiety, not just because you'll be happier in your job but also because you'll have a strong support network for the times when you may need it. Healthy working relationships are built on:
  - Respect (when you respect your work colleagues, they'll respect you too)
  - Trust (being open and honest with the people you work with can boost trust, which can help you work and get on together more effectively)
  - An open mind (try to welcome opinions that are different from yours)
  - Good communication (honesty and openness are essential for effective communication)
  - Appreciation (if a work colleague helps you or does something well, show how much you appreciate it)
  - Good listening skills (try to listen more than you talk)

- Be mindful. It will help boost job performance, problem solving and mental flexibility, as well as reduce stress. Read our Mindfulness Guide for more tips
- Develop a resilient attitude. Developing a positive way of thinking will influence the way you feel and behave. This will translate into improved relationships and a happier you! Some tips to help you develop a resilient mental attitude:
  - Don't shy away from stress as it is part of our everyday life. Instead of letting things get to you, make a conscious decision to take them in your stride. This may take practice, but it's certainly not impossible
  - If you tend to doubt yourself or have unkind thoughts about yourself, challenge yourself to think positively instead. You would offer support to anyone else that you knew struggled, so extend this kindness to yourself!
  - Life is a learning process. When a difficult challenge comes your way, treat it as an opportunity to learn something new rather than seeing it as something that's going to set you up for failure
  - Boost your self-belief. All resilient people believe in themselves, which helps them to cope with stress and setbacks. Focus on your successes – try to think of at least one thing that you did well at the end of every working day
  - Practice being more flexible. Change is inevitable, not just at work but in life generally

## Keep practicing

Developing resilience won't happen overnight. Most of us have to work at it throughout our lives, especially at work. And if you do have one of those days when you react to an obstacle or setback in a non-resilient way, just be kind to yourself. Think about what you have achieved and you'll realize you've probably developed more resilience than you think.

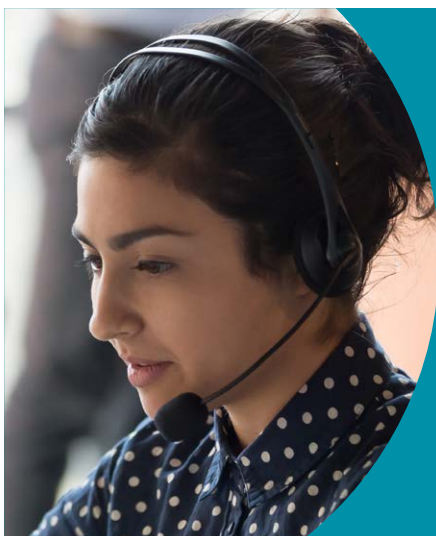
## Other sources of information

Mind

[www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience](http://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience)

Mental Health UK

[www.mentalhealth.org.uk/publications/emotional-resilience-toolkit](http://www.mentalhealth.org.uk/publications/emotional-resilience-toolkit)



The Licensed Trade Charity are available 24/7, if you'd like to talk about your situation, we can help you. Contact us for confidential, free of charge support. If you are experiencing any of the issues covered in this fact sheet, in the first instance call our helpline on:

**0808 801 0550**

Our Helpline Team will listen without judging and will work with you as best they can to achieve a positive outcome. If you prefer, you can email: [enquiries@ltcharity.org.uk](mailto:enquiries@ltcharity.org.uk) or visit our website at [www.licensedtradecharity.org.uk](http://www.licensedtradecharity.org.uk), it's full of useful information about the kind of issues we know people who work in the licensed trade face.



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