

BUILDING RESILIENCE

Resilience is both the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress, and the capacity to cope with change.

Resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviours, thoughts, and actions that anyone can learn and develop.

Here are some practical ways you can increase your capacity for resilience:



Connect to helpful relationships



Adopt healthy thoughts to avoid catastrophising



Find meaning in your daily life



Focus on your physical, mental and emotional wellbeing

The resources below are available if you feel stuck or are finding it difficult to make progress on the road to resilience:

1. Access a comprehensive resilience program with self-managed resources via your wellness gateway
2. Consult your Employee Assistance Program for resilience counselling and coaching
3. Speak to your GP if you are feeling overwhelmed.



1800 273 865 (AU)

0800 377 990 (NZ)

+61 3 8290 5951 (INT)

