

# BUILDING STRESS RESILIENCE

Stress is a normal human response to the perception of threat, demand, pressure or danger. It triggers a range of physiological, mental and emotional changes in our mind and body.

Stress can either be helpful or unhelpful depending on the intensity and duration of the stressors involved (events or situations that create the sense of threat, demand or pressure). Your confidence in your own coping skills can also impact the way you view and respond to stress or threat.

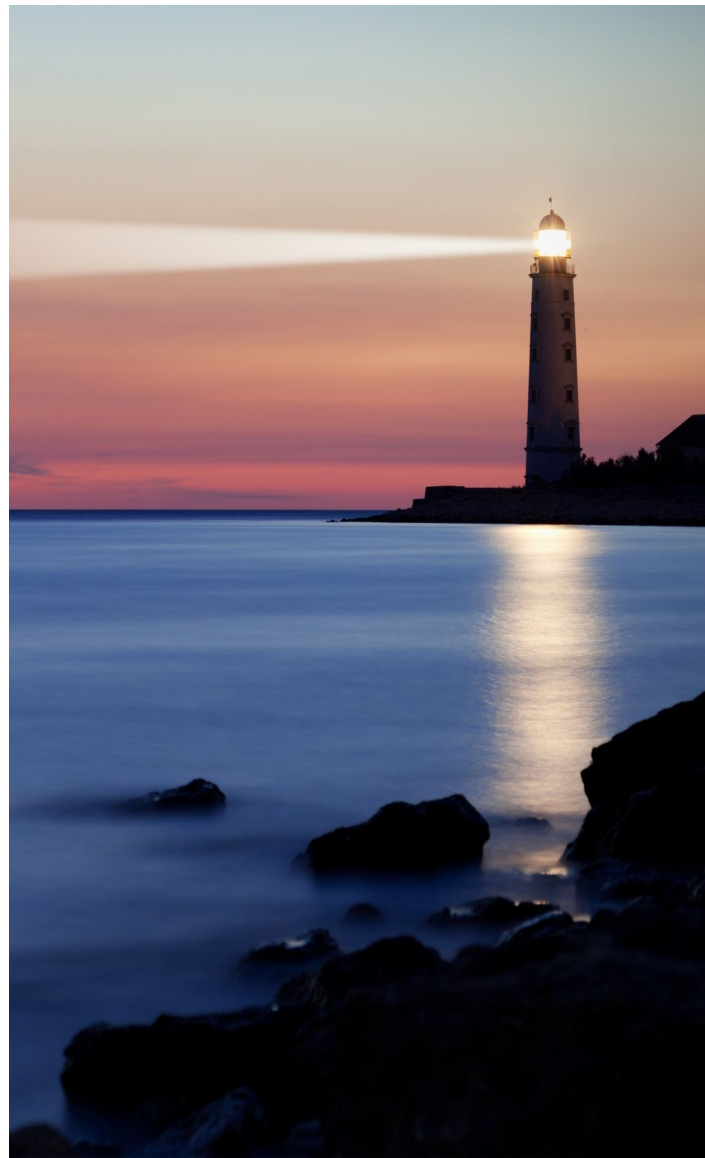
Stressors can be external in nature, for example relationship issues or workplace change, or internal, for example fears, self-criticism or unhelpful thinking.

Helpful stress can motivate you to seek support and take proactive action. Unhelpful stress can lead to difficulties with breathing, concentration, sleep, and irritability to name a few.

The good news is that stress resilience strategies can be learned, helping you to reduce stress when you can, and manage it effectively when you cannot.

## Some stress resilience strategies include:

- ✓ Slow breathing: breathing in for 4 counts, holding for 2 counts, breathing out for 6 counts.
- ✓ Practise self-compassion: treat yourself like you would a friend.
- ✓ Take proactive action within your circle of control.
- ✓ Set SMART Goals: Specific, Measurable, Achievable, Realistic, Timely.
- ✓ Cultivate & savour positive emotions like joy, fun, anticipation and gratitude. Reminisce on positive experiences.
- ✓ Practise optimism and helpful thinking: Notice pessimistic or unhelpful thinking. Remind yourself these are thoughts that can be re framed or challenged.
- ✓ Practise self-care strategies to take care of your coping bucket.
- ✓ Seek support & ask for help: Emotional support, esteem support, information & solution focused support and practical support.



People often leave it too long to seek support. Resilient people seek support early and regularly.

**No problem or goal is too big or small to utilise the services at SMG Health.**

## Make use of the services available to you such as:

Employee Assistance Program/EAP: counselling with a psychologist or social worker for relationship issues, worry & anxiety, low motivation & depression or work issues for example.

Employee Assistance Coaching/EAC: wellbeing coaching with allied health professionals for guidance in exercise, nutrition or stress management for example.

## CONTACT SMG HEALTH

Phone: 1800 Are UOK (1800 273 865)  
Email: areuok@smghealth.com.au.  
Or through your Wellness Gateway link.

