



What is Resilience?

Resilience is the capacity to cope with unexpected changes and challenges in your life. Remember, being resilient does not mean a person doesn't experience stress and difficulties. Instead resiliency means you have capacity to locate the resources, strategies and inner strength to overcome challenges.

Resilience can be learned

- Be aware of your strengths
- Manage your stress and anxiety levels
- Work on problem solving skills
- Develop coping strategies
- Build healthy relationships
- Have confidence in your ability
- Know when to ask for help

Facing challenges

Build your resilience by asking yourself:

- What can I do to move forward?
- What can I control in this situation?
- What can I change to help the situation?
- Where can I seek help from?

We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).