

Gratitude: Appreciate the simple things in life

Gratitude is a positive emotion, feeling thankful for things in your life. Note five positive things each day share this in conversation with a friend.

Random Acts of Kindness

Often helping others comes straight back and makes you feel great: Giving someone a helping hand, being a good listener, giving someone a smile. Happiness comes from supportive relationships.

Hope: Future Orientation

Having hope for a better future – and holding an attitude that “this too shall pass”

Depression is often when your “attention” is locked into the past. When you visualise and “look back” to the difficulties or negative experiences of the past, and keep reliving them and bringing them into the future.

Anxiety is an experience when your “attention” is focused toward a negative future, where you anticipate difficulties and problems to be an inevitable and enduring part of your life.

Drake WorkWise

Drake WorkWise provides EAP Services for organisations across Australia, in every State and major regional area.

Our services are provided to over 30,000 employees from both large and smaller businesses across the broad spectrum of the Australian workplace.

Drake WorkWise has a reputation for outstanding, reliable, ethical and outcome-focused services with specialist experience in employee wellbeing. Drake WorkWise's approach to EAP is based upon an early intervention providing appropriate, timely, professional and confidential counselling to resolve personal, health and/or work related issues.

Our Employee Assistance Program is a commitment by your employer to your wellbeing.

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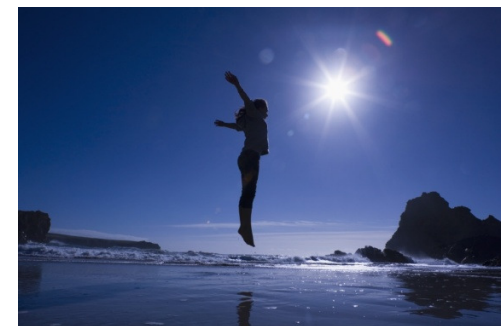


Resilience in Adversity

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Employee Assistance Program



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Resilience in Adversity

Someone who copes well in the face of adversity or an unusual traumatic experience is said to demonstrate resilience. Often there is nothing you can do to control a traumatic event, what you can control is the “meaning you give” to that event. Resilient people have the ability to “bounce back” after hardship and they are able to learn from the experience, hence developing wisdom from adversity.

Current psychological research is highlighting the benefits of “meditation practices” in overcoming psychological distress, caused by trauma, anxiety, depression, general life/work stresses and strains. Resilience training includes teaching mind, body, emotion focused practices including meditation, and visualisation, optimal thinking styles and identifying inner resources and personal meaning.

Personal Resilience

Wellbeing involves having an optimistic, positive outlook on life, developing resilience to life stresses and strains. You can improve your general wellbeing through developing resilience. Resilience is the ability to bounce back from stressful life experiences, becoming wise and adapting to any situation.

What Promotes your Resilience?

- Positive relationships with friends, family, work mates and community
- Good communication skills
- Emotional, intellectual and/or creative development
- Healthy self esteem
- Good physical and mental health
- Planning and goal setting
- Sense of humour
- Sense of mastery
- Being able to relax, take time out

What Drains your Resilience?

1. Unsupportive environments
2. Lack of connectedness to others
3. Communities that do not reach out to their members
4. Not caring for yourself physically and emotionally
5. Lack of sense of mastery or control
6. Focusing on the negative
7. Lack of humour

Power of your Imagination

A simple exercise that highlights the quality of your thoughts and how you can change these to become more supportive is to notice your “self talk”. Give attention to the images you hold for yourself currently, in the future, in the past. If you find that you are

worried about the future, practice visualising, writing a more positive image for yourself. It can help if you focus on a beautiful image in nature. Meditate/visualise yourself looking and feeling happy in a safe haven. You can practice visualising a flourishing workplace, home-life, self esteem. Visualisations are easy to do and can quickly change your orientation toward a more positive optimistic outlook.

Tips to build your resilience

Resilience can be developed by learning relaxation strategies and developing healthy thinking styles. Improving your concentration through meditation practice helps you to observe and direct the content of your thinking. You can learn to change your negative thoughts to be more positive and supportive. Through regular practice you can develop an elevated sense of awareness and actively choose more productive and helpful thoughts.

- Accept the things you can't change
- Find opportunities in life's challenges
- Focus on the present
- Set yourself realistic goals
- Be active, eat and rest well
- Relaxation – take five deep breaths
- Use humour to see things differently
- Develop supportive relationships