

Build Your Stress Resilience

Reality is the leading cause of stress among those in touch with it.

-Lily Tomlin

What is the stress reaction physically?

- Sweaty palms
- Nervousness
- Shallow breathing
- Insomnia
- Digestive problems



What is the stress reaction mentally?

- Wanting to leave the situation
- Anger and anxiety
- Difficulty focusing
- Poor judgement
- Confusion/ uncertainty



What can you do to be more resilient when you are in a stressful situation?

- Anticipate and prepare
- Breathe, pause, count to five
- Consider doing nothing
- Reach out to others
- Allow recovery time

