

7

Key Strategies to stress resilience



Time management and prioritization

1

If you're feeling overwhelmed by your work tasks, you should use time management and prioritization strategies.

Example: Pomodoro technique, time blocking, priority matrix, delegation, Pareto analysis, setting SMART goals

This will help you to manage your time better and tackle the challenges in a more organized, calm manner



Conflict management

Great stress can come from our ability to handle relationships and conflicts. Hence, learning to negotiate and problem solving is key.

Examples include practicing active listening, developing strategic empathy, and learning negotiation and conflict resolution techniques.

Learning to pick the right techniques to defuse conflict and manage relationships effectively can make life smoother and more enjoyable.



Relaxation techniques

Life can be tense sometimes, hence it is important we give ourselves time to cool off.

Examples include Mindfulness practices, meditation, deep breathing, aromatherapy, or simply laughing.

This has been shown to help reduce anxiety and enhance emotional regulation, keeping your stress level in check.



Engage in physical activities

Physical activity releases endorphins (feel-good hormones) that can help improve mood, and release built-up stress.

Examples include aerobics, yoga, swimming, dancing, and even simply taking a walk,

Doing housework, traveling, and gardening. are also great exercises!

4



Sleep Hygiene

Prioritizing sleep is important for stress relief.

Sleeping can help to reduce cortisol levels, and improve our moods.

Try to getting 7-9 hours of sleep per night.



Social support

Stress can be overwhelming to handle alone.

Try talk to a friend, family, a support group, or even your therapist.

Not only does it help to reduce your feeling of isolation and stress. it may help you to find solutions to your problem!

6



Handling bigger challenges

7

When you become a master at handling your stress and conquering all your old challenges, what's a better way to build stronger stress resilience than to handle even bigger challenges?

Take it a step at a time, and gradually take on different and more complicated challenges.

This will help improve your perspectives and problem-solving skills, making you breeze through challenges easily.

