

## Upcoming Online Seminars

3/1/22 – Sleep Basics

4/1/22 – Mindfulness for Everyday Life

5/1/22 – Start the Conversation

To watch these online seminars, log in to your program's web or mobile platform and click on the 'Monthly Feature' tile or use the 'What's on Your Mind?' search tool.

## Being Flexible in the Workplace

Flexibility is the ability to adjust to change, whether positive or negative. Much like physical flexibility improves your body's health, mental flexibility can help you thrive in difficult situations and respond to transitions more effectively.

No matter where you work, you'll likely experience a variety of changes throughout your career. From unexpected projects to new coworkers, the way you approach these situations can strengthen your mental fortitude and emotional wellbeing.

### Keep an open mind

Several studies have shown that open-mindedness can change how you view and approach the world. Expressing curiosity, asking questions and exploring new methods of problem-solving can help you be more comfortable with changes. If you can look at a situation from many angles, you might find it easier to manage. Open-mindedness may not come naturally for everyone, but you can practice this skill by getting

out of your comfort zone and taking on new tasks.

### Embrace roadblocks

Setbacks are an inevitable part of life. Rather than giving up, try viewing these obstacles as a challenge or chance to explore a new path. At work, you might experience project delays, need to take time off due to illness or must adapt to a heavier workload. In these situations, you can take the opportunity to learn and push forward.

### Boost your skill set

Building a robust skillset can help you prepare for change. Sometimes, specializing in one area of work is beneficial, but what happens if you need to work on a task that requires skills you don't have? Gaining expertise in more than one area of your job means you can take on new tasks with ease. Having knowledge of other fields can help you understand different perspectives, stay flexible and help your long-term career goals.

### Build your resiliency

Resiliency and flexibility work in tandem to help you remain optimistic in the face of change. Resiliency is about "bouncing back" from life's challenges, and the ability to adjust to situations around you, especially in the face of adversity or stress. Strengthen your resiliency by taking calculated risks, immersing yourself in new environments and facing challenges head-on.

### Stay calm

Finally, remember to take deep breaths and stay calm during times of change. It's natural to feel stress during transitions, but by using physical relaxation techniques, harnessing positive thinking skills or reaching out for support, you can tackle new situations and the emotions that follow them with ease.

## The Resiliency Toolkit

Some of life's stresses may be unavoidable, but cultivating resiliency, or the ability to grow from the difficult situations, can help you return stronger than before.

For resources, tools and tips to help you build resiliency, visit [www.resiliency.tools](http://www.resiliency.tools) today.

## Staying Positive Under Pressure

Whether you're dealing with work stress, a hectic family schedule or a daunting project, your outlook can make a difference in how you handle these challenges. It can be difficult to maintain a cheery disposition when things seem to be going wrong, but doing so will improve your ability to overcome obstacles and prioritize your wellbeing.

- **Count your "wins."** Focusing on your wins can help you stay resilient amid life's stressors. Whether getting out of bed, going to the gym or getting a promotion, taking pride in your successes is an excellent way to give yourself a boost of positivity.
- **Use a gratitude journal.** Recording a few things each day that you're grateful for can remind you of the positives in your life. No matter how big or small, it's important to acknowledge good moments. Many studies have found that gratitude and positivity are closely linked, and by journaling, you can cultivate resiliency to stress.
- **Practice self-care.** Taking care of your emotional and physical wellbeing means getting good sleep, exercising, eating mood-boosting foods and making time for relaxation. Creating and fostering a good foundation for your emotional health makes staying positive easier.
- **Create a positive environment.** Keeping positive people around you, listening to music or reading books that make you happy and giving back to others will help lift you up rather than drag you down.
- **Look for a silver lining.** While this phrase might be overused, the sentiment holds true. Finding the positives in a negative situation will help you overcome challenges and grow from your experience. Worrying thoughts can make tackling tasks more difficult, but with practice, you can resist negative thinking and find a silver lining in any situation.

Remember that trying to be optimistic doesn't mean ignoring the reality of a situation. But, it's worthwhile to practice staying positive and focus on moving forward.