

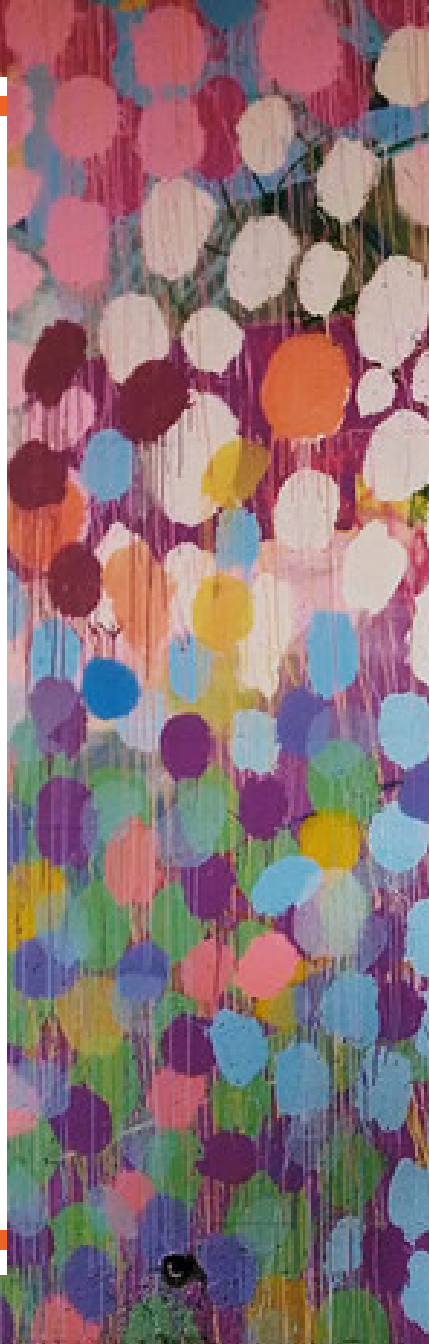
YEAR OF VALUES

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# STAY HUNGRY

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PROVOCATION NO. 8



*The greatest*

glory in living lies not  
in never falling, but in  
rising every time we  
fall.

- Nelson Mandela -

# RESILIENCE

is the ability to cope with the ups and downs of life. It is an ability to bounce back from challenges and difficult circumstances.



When we are resilient, we are able to utilize our resources and skills to manage stress and conflict.

Resilience was once thought to be a genetic condition. Either you have it or you don't.

However, research has shown that resilience can be learned and practiced, allowing us to overcome challenges both big and small.

Let's look at ways you can become more resilient.

To practice resilience, we must increase our thinking and coping skills such as mindfulness, emotional regulation, and self-reflection. These improve judgment accuracy and decision-making.

Our lifestyle factors such as getting enough sleep, exercising, and healthy eating help us be more resilient by increasing our mental health. This allows us to have a better outlook on life and look at situations positively and manageably.

Having a strong social network both inside and outside of work is a crucial component of resilience.

Calling on people for help and support allows us to navigate our most challenging and demanding experiences.

Lastly, when we identify our strengths, we can call upon them when we face a challenge. Once we identify our strengths, we can start to build upon them. This allows us to have more tools in our toolbox for next time.

For this week's provocation, we will identify a time that was challenging or demanding to you. We'll explore how you handled the situation and eventually came through the other side.

Click the link on the following page to record your reflection.

# LET'S GET STARTED!

Estimated Time Commitment:

*10 minutes*

What You'll Need:

*X comfortable place to reflect*

*X willingness to participate*

[Click here to begin.](#)