

Building Resilience

Actionable Strategies

- Stay focused and consciously present. Ground yourself in the here and now to reduce overwhelm and increase clarity.
- Harness your attention. Direct your mental energy toward what you can control rather than what you can't.
- Use your body as feedback. Treat physical sensations like tight shoulders, shallow breath, or restlessness as signals to pause, reflect, and recalibrate your emotional state.
- Stay current with emotions. Acknowledge feelings as they arise so they don't build up or catch you off guard.
- Breathe into change. Use intentional breathing to stay calm and centered during transitions or uncertainty.
- Develop flexibility. Practice adapting your mindset and routines when circumstances shift.
- Find acceptance. Recognize what's outside your control, release resistance to what is.
- Know your limits. Honor your boundaries to preserve energy and prevent burnout.
- Expand your options. Stay open to new approaches, perspectives, and solutions— even when they feel unfamiliar.

培養韌性

具體可行的策略

- 保持專注，活在當下。把自己安定在此時此刻，能減少不堪重負的感覺並提升清晰度。
- 引導注意力。將心力放在可以掌控的事，而不是無法掌控的事。
- 注意身體的訊號。把肩膀緊繃、呼吸淺短或躁動不安等身體感受視為訊號，提醒自己停下來、反思，並且重新調整情緒狀態。
- 覺察情緒的浮現。在情緒浮現時就覺察它們，避免累積或突然失控。
- 用呼吸迎接改變。有意識的呼吸能幫助你在轉變或不確定中保持冷靜與穩定。
- 培養彈性。當環境變動時，練習調整心態與日常習慣。
- 學會接納。認清哪些超出你的掌控，放下對現實的抗拒。
- 了解自己的極限。尊重界線，以保存能量並避免精疲力竭。
- 擴展選項。對新的方法、觀點和解決方案保持開放，即使它們一開始感到陌生。
- 尋找黑暗中的亮點。在挑戰中尋找意義、成長或機會。

- Seek the silver lining. Look for meaning, growth, or opportunity in the midst of challenge.
- One-day-at-a-time attitude. Break big stressors into manageable steps and focus on what's doable today.
- Build positive community. Lean on trusted relationships that offer support, perspective, and encouragement.
- Nourish yourself in all ways. Tend to your physical, emotional, and spiritual needs with intention and care.

PRO TIP

Use Micro-Moments to Reset

Even in high-stress environments, resilience is built in small, intentional pauses.

Try a 60-second reset:

- Close your eyes
- Drop your shoulders
- Take three slow breaths
- Ask yourself, "What do I need right now?"

These micro-moments help recalibrate your nervous system and reconnect you to the present—especially useful between back-to-back meetings or emotionally charged interactions.

- 一天一天來。把大的壓力分解成可處理的小步驟，專注於今天能做的。
- 建立正向社群。倚靠可信賴的人際關係，獲得支持、觀點與鼓勵。
- 全方位滋養自己。有意識地照顧身體、情感與心靈的需求。

專業小技巧

善用微時刻重整自己

即使在高壓環境中，韌性也是透過小而有意識的停頓來培養的。

試試 60 秒重整法：

- 閉上眼睛
- 放鬆肩膀
- 做三次深而緩的呼吸
- 問自己：「我現在需要什麼？」

這些微時刻能幫助重新調整神經系統，讓你回到當下——尤其適合在連續會議或情緒緊張的互動之間使用。