

BOUNCING FORWARD



Whether you work in a school, office or other workplace setting, changes to the way you do things can be stressful. The ability to respond in a healthy way—to effectively cope and adapt to change—is called resilience.

A bouncing ball is a perfect analogy: the height it bounces when it's dropped represents the amount of resilience you have in any given situation. If you don't pay attention to the ball, and occasionally apply some energy to it, it'll eventually stop bouncing. The same is true of your resiliency—you need to give it some care and attention to ensure you can keep bouncing.

Keep your eye on the ball and re-energize yourself by connecting with friends and family about your experiences and strategies. You'll find yourself feeling healthier and more resilient.

BOUNCING YOUR RESILIENCY BALL

Here are a few tips you can do each week to help persevere:

Learn from others: Collaborate with colleagues or partner with other schools or organizations to share solution-focused learnings.

Take mindful action: Communicate with those around you about how to respond to common stressors, and respond with collectively created and solution-oriented strategies.

Optimize performance: Explore ways—such as technologies or processes—to get your work done that free up some of your time.

Be open-minded: Encourage innovative thinking and progressive problem-solving.

Keep things light: Say yes to you and build recreational and positive activities into your life, whether that's at work or during your free time.

WEEKLY CHANGES

Does building resilience into your day seem like too much work? Try scheduling time once a week to focus on the strategies introduced in Bouncing Your Resiliency Ball for changing behaviours or environments to better support resilience.

If you're doing this as an individual activity use the chart below and focus your strategies on "When / Will Do It" and "What / Will Do". If you're doing this as a group activity focus on "When We Will Do It" and What We Will Do". Be sure to also consider how you as an individual can contribute to a more resilient workplace when you're filling out the strategies.

LEARNING FROM OTHERS

When I/we will do it
What I/we will do

TAKING MINDFUL ACTION

When I/we will do it
What I/we will do

OPTIMIZING PERFORMANCE

When I/we will do it
What I/we will do

BEING OPEN-MINDED

When I/we will do it
What I/we will do

KEEPING THINGS LIGHT

When I/we will do it
What I/we will do

SOURCES

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