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Building Workplace Resilience

Building a career can be stressful, and no one has ever succeeded without facing some setbacks. That's why resilience is such a useful workplace tool. Resilience means controlling your ego, not panicking in the face of a problem, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady and make rational decisions instead of being driven by emotion.

There will always be periods of large growth, times of relative stability and times in which the economy slows or recedes. To thrive, businesses must respond to these waves appropriately. While workplace upheaval can be stressful, there are things you can do to cope with this challenging environment:

- **Find a healthy balance.** Your work is important, but it's unhealthy for you mentally, physically and socially if you live, breathe and sleep your job. Get off the rollercoaster and away from the stress and uncertainty by finding positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations.
- **Look for the gray.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle ground. It can be a far less stressful place.

Here when you need us.

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