

WHAT IS STRESS RESILIENCE?

Stress Resilience helps you to harness the energy of stress so you can be successful in a busy life without wiping yourself out. It is a number of strategies that support you to meet adversity or challenge so you can perform well, learn and grow from your experience, connect with others and to feel courage. Stress resilience helps you to change your perspective from feeling anxious to feeling excited.

Why do you want stress resilience?

So, you can go into “response” mode when stress happens and not go into “reaction” mode. I teach you techniques for stress resilience so you can drop into your core, stay present to the challenge and go into problem solving to move through the stress without losing your precious energy. When you meet stress in this way you can actually gain energy to meet the chaos. When you go into reaction mode to challenge you are not present and you are caught up in drama and emotionality. From this place, you are unable to effectively problem solve and you lose a lot of energy. You are at the effect of chaos. Reaction mode triggers the “Fight or Flight” stress response and will cause depletion of energy and lead to health problems if this is your pattern with stress.

The definitions of stress & resilience reflect the new science of stress management:

Stress:

- Pressure or tension exerted on something or someone.
- A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- A biological state designed to help you learn from your experience.

Resilience:

- The ability of a substance or object to spring back into shape; elasticity.
- The capacity for someone to recover quickly from difficulties; toughness.
- Practicing stress protective activities.