

Can you meet with
triumph and disaster?

Julie Hurst

Work Life Balance Centre

www.thewlbc.com

WorkLifeBalanceCentre

10 years of research

Work is an important source of self-esteem and happiness

But work related stress is a problem

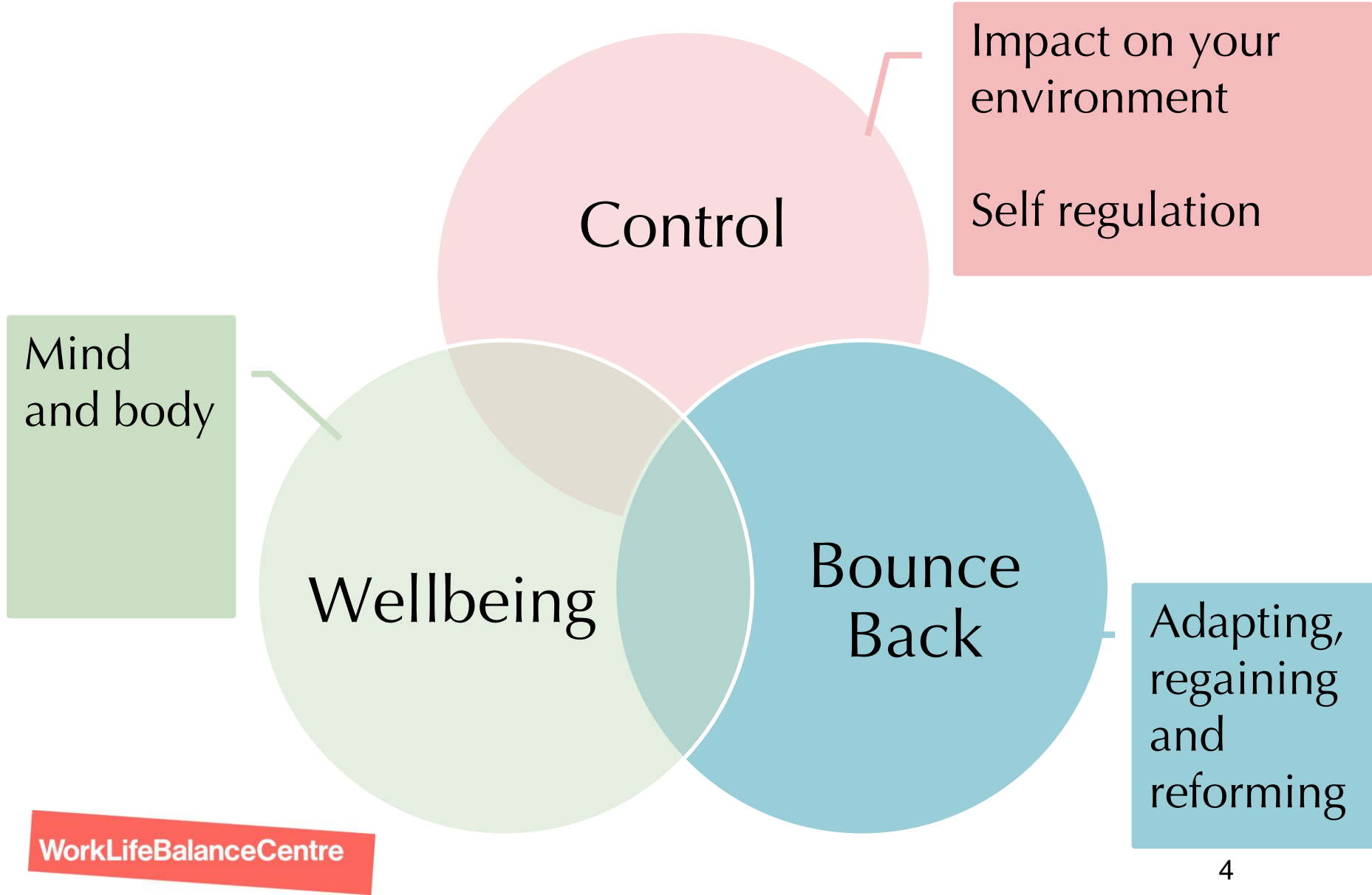
- The demands placed upon us exceed our ability to cope

The early symptoms of stress often go unnoticed

- Sleeplessness
- Fatigue
- Irritability
- Concentration issues
- Head/neck pain



Our resilience model



How to develop control

Experiencing positive emotions

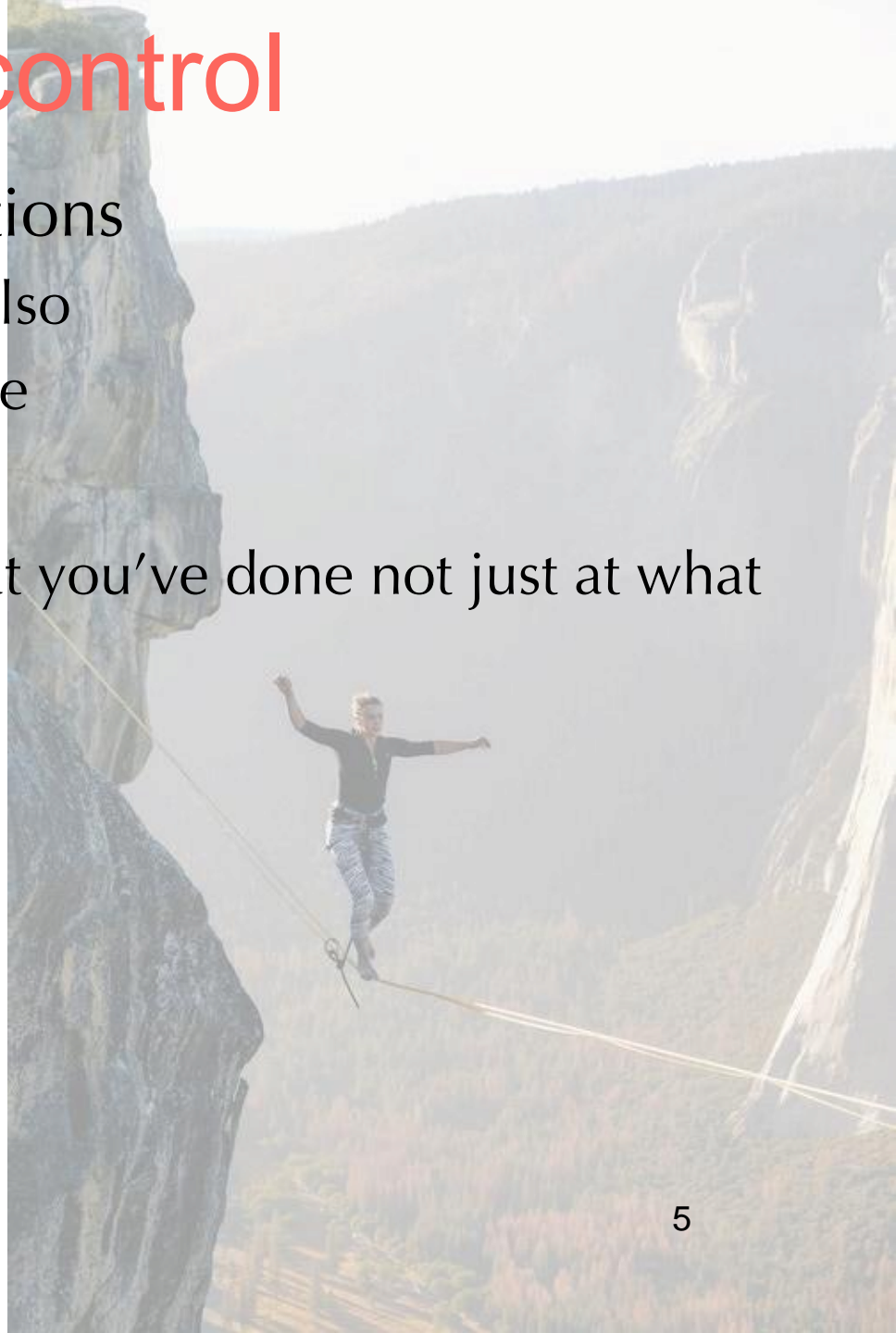
- Connected to wellbeing also
- I'm setting you a challenge

Finding meaning

- Remember to look at what you've done not just at what there is to do

Prosocial behaviour

- Random acts of kindness



Improving wellbeing

Active process not passive – you need to work on it

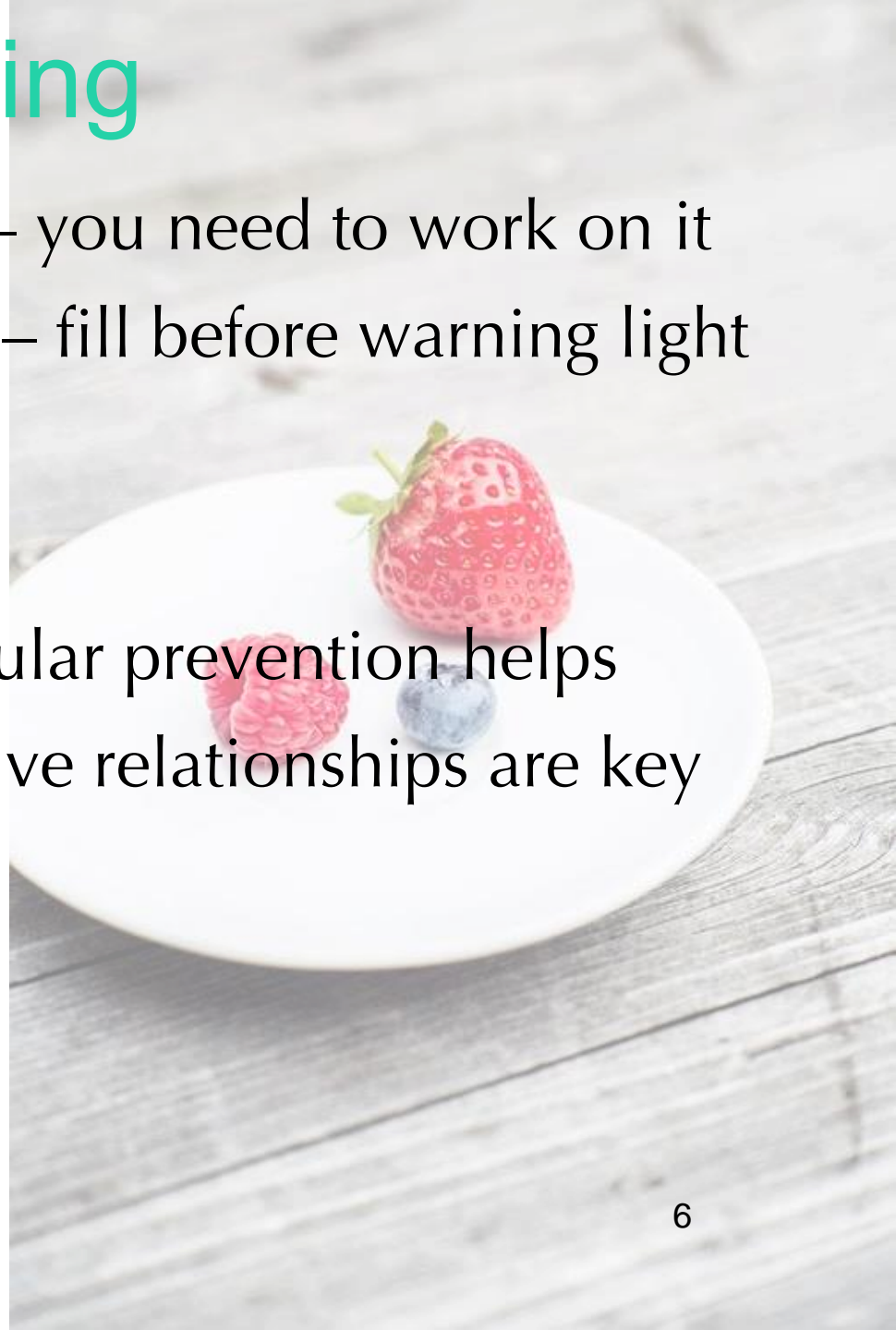
Cannot run a car on empty – fill before warning light

You are what you think

- Mindfulness

Even a small amount of regular prevention helps

Friendships and other positive relationships are key



Emotional goal setting

What positive emotions could you decide you want to feel tomorrow, and how would you go about it?

Hope

Joy

Awe

Amusement

Self-compassion

Serenity

Love

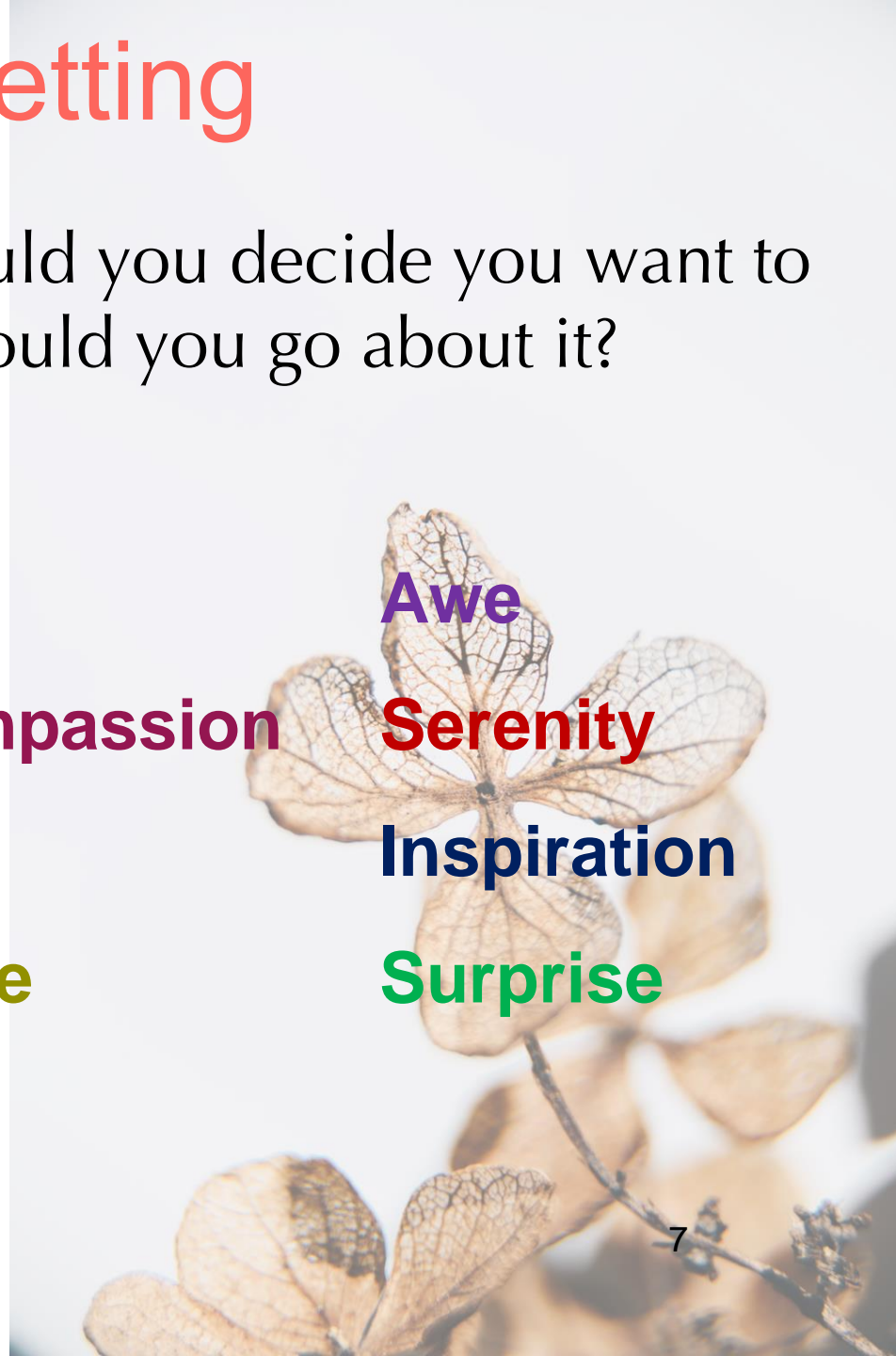
Pride

Inspiration

Interest

Gratitude

Surprise



Developing bounce back

Be kind to yourself

Find a lesson from the past

- Incorporate gratitude

Changing the impact of the past

- Savouring



What Kipling said

If you can meet with triumph and disaster, and treat those two imposters just the same.



And Seligman added

His vision is one of human flourishing ... the strengths and virtues that enable individuals, communities and organisations to thrive."



WorkLifeBalanceCentre