

# OUR VIEW ON RESILIENCE

## THE WORLD TODAY



## WHAT DOES THIS MEAN FOR BUSINESS?

There is an annual cost (of low mental health at work) to UK employers of between £33 billion and £42 billion (Stevenson-Farmer report, 2018)



FTSE100 companies that addressed employee mental health and wellbeing in their 2017 annual reports enjoyed up to 2 x more profit in 2018 (Soma-Analytics report)

## OUR APPROACH

Personal resilience is your ability to take the challenges and changes of life in your stride, and keep walking forward with your sanity and sense of humour intact.

**Awareness:** Knowing the signs on the slippery slope to burnout enables us to take proactive steps to get back to full capacity, and to look out for one another.

**Beliefs:** Whilst the event that triggered a stress response might be outside your control, how you respond to the event is within your control. Stress is a choice.

**Knowledge:** There are 7 categories of resilience practices that can provide a wide range of free, fast and simple stress-reduction strategies. Ask about our F.R.E.E.D.O.M. Model.

**Habits:** Taking small actions consistently will significantly increase your resilience. It takes approximately 66 days to make or break a habit.

**Banter:** Our conversations are contagious, we literally cause more stress just by talking about it, let's discuss resilience instead and change the workplace culture one conversation at a time.

**Performance:** Building personal resilience is a vital skill to sustain performance under pressure



*To finish first, you must first finish*

**Rick Mears**



[www.youtube.com/watch?v=m7\\_ukQGPM\\_w](https://www.youtube.com/watch?v=m7_ukQGPM_w)  
Search "How to Solve the Stress Epidemic TEDx"  
on YouTube (17 mins)

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