

Stress and Resilience Guide

Providing you with a brief recap of the following videos:

- ✓ Defining resilience
- ✓ Navigating stress
- ✓ Improving your resilience



Stress is a **natural reaction** and has always been helpful for everyday survival, and even mundane tasks.

When we're under more immediate stress, **our brain releases chemicals** which prompt us to react – we've always had these same reactions, just different stressors.

Our mental health is affected by **how we interpret our reaction to stress**. Sometimes, we can interpret the reaction in a negative way, and our normal response can be less helpful than when we interpret the reaction positively. It's important to understand how we go from 'I'm busy' to 'I'm stressed' to 'I can't cope'.

And it's all about how we navigate this stress.



Resilience

is about **how we adapt and bounce back** from stressful and challenging situations. It involves **doing what's necessary** to maintain our wellbeing. It doesn't always involve a straightforward fight or flight reaction; it could be something like crying or standing our ground to manage our mental state.

Improving our mental health resilience is a lot like improving our physical health – it's about having the right approach – knowing the exercises and sticking with it.



Here are the things we all know we need to improve our resilience:



Sleep



Exercise



Healthy food



Affection



Me-time



How we think about things

Whilst **your brain reacts automatically to stress**, you have a choice about how you turn this reaction into action. **Your internal dialogue is important** here - how you talk to yourself when you're under stress.


We can further **improve our resilience** by **shaping our thoughts**, rather than letting them shape us. When you talk to yourself, listen, and be as kind to yourself as you would to others.

If you're under too much stress,
it's ok to say no.

Mindful time to yourself is important to **manage your stress.**



Remember..

- ✓ **Stress is a normal part of life**, but there are things you can do to improve your ability to cope with it.
 - ✓ We underestimate and forget the ways **we've coped with stress in the past**.
 - ✓ **It will help to take time** to understand your reactions to situations – consider other ways you could react.
 - ✓ We all have **different levels of resilience**, and we all bounce back in different ways.
 - ✓ Knowing **how to navigate stress** is the best way to avoid it.
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GR06561 09/2022 REG015 (62234)