

# From Stress to Strength: Strategies to Reconnect and Enhance Your Resilience

Life is undoubtedly full of ups and downs and events beyond our control. This surely applies to people working in caring professions that deal with trauma and interact with others suffering from it. Although we cannot avoid bad events, we can control our reactions. Now comes the word resilience. As **The New Human University** highlighted, let's try simple strategies for building our minds and managing stress.

## Learn to Switch Off

These days, we are constantly bombarded by information. We experience events over which we can do nothing through social media, news outlets, and other channels. One of the significant building steps towards resilience is learning how to switch off.

Schedule downtime into your day wherein you switch off and tuck away screens from smartphones, computers, and TVs. Just be there, distraction-free. Have a specific cut-off time for technology before bed; two hours before sleep is ideal so the mind can unwind and prepare for that good night's sleep. This routine will leave you feeling refreshed, both physically and mentally.

## Reconnect with Yourself

The most important step after leaving technology is reconnecting with yourself. Take some time tuning into your body, listening to your breathing or heartbeat, for instance. Even that simple act of awareness can reduce one's stress levels while helping one become grounded.

You might also include meditation. Meditation has been proven to decrease anxiety levels, increase memory, and enhance sleep. All of these aspects make for a more powerful and resilient mind. Even a few minutes of deep breathing in an uninterrupted space can stabilize your brain's mood for the rest of the day.

## Reconnect with Others

After you reconnect with yourself, it's important to connect with other people. You can talk to your friends, family, or coworkers and share your worries or experiences. Listening to problems and issues helps you develop a broader perspective on them, making you more capable of handling tough situations.

If you feel drowned by your emotions, seeing a therapist will be a brilliant strategy for building your resilience. Remember that you can't pour from an empty cup; talking through your issues with somebody can refill the cup. Therapy may help you identify your pressure points and devise strategies for overcoming them.

## Final Thoughts

By practicing this three-part strategy, switching off, reconnecting with yourself, and reconnecting with others, you can build up your resilience to face life's challenges more strongly. **Higher Brain Living** can help you develop the skills needed to respond effectively. Although the world will continually throw difficult events your way, the art lies in how you react and change perspectives.

# From Stress To Strength

**IM Harris**



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