



Building Resilience

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Resilience The ability to adapt to and manage stressful situations with minimal physical and psychological cost, while also growing stronger in the process.¹

Recognize the Symptoms of Stress²

Fatigue
Irritability
Feeling outside one's comfort zone

Recognize Your Response to Stress²

Physical response
Emotional response
Rational response

Realms to Build Resilience³

Job-Related Gratifications¹:

- Take time to appreciate the successes in medical care when a carefully carved preoperative plan yields positive results.
- When faced with a difficult situation, engage experienced colleagues to shed insight and participate in an emotional debriefing.
- Develop professional community of stakeholders with whom you can discuss challenging situations and learn from each other's experiences.

Resilience Practices:

- Self-awareness: monitor for symptoms of stress and incorporate strategies to curb the feeling of being overwhelmed early.²
- Self-care: take regular vacations, develop hobbies, practice aerobic and non-aerobic exercise.⁴
- Self-compassion: shift the focus from self-blame and self-criticism to self-kindness.¹

Useful Attitudes and Ways of Being:

- Practice of mindfulness: developing a purposeful awareness of the environment, allowing one to be wholly present during all experiences.¹
- Acceptance of personal limitations and boundaries.⁴
- Recognizing when change is necessary.³

References:

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