Building Emotional Resilience



Climate disruptions bring stress and uncertainty, making **emotional resilience** just as important as an emergency plan.

A truly resilient business isn’t just about bouncing back—it’s about having the energy and clarity to keep moving forward.

What is emotional resilience?

The ability to sustain your energy and motivation during times of stress associated with change.

Mental health protection:

Resilience can help protect against mental health conditions like anxiety and depression.

Perspective:

Emotional resilience can help people understand situations better, which can make it easier to overcome negative feelings.

Handling adversity:

People with emotional resilience are better able to handle adversity calmly and successfully without risking their mental health.

Preparing for emergencies:

Emotional resilience can help people navigate difficult situations like emergencies or crises.

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How can you improve?



Get connected.

Building strong, healthy relationships with loved ones and friends can give you needed support and help guide you in good and bad times.

Connect with others by volunteering or joining an activity or spiritual group.

Make every day have meaning.

Do something that gives you a sense of success and purpose every day.

Set clear goals that you can reach to help you look toward the future with meaning.

Learn from the past.

Do something that gives you a sense of success and purpose every day.

Set clear goals that you can reach to help you look toward the future with meaning.

How can you improve?



Stay hopeful.

You can't change the past, but you can always look toward the future.

Being open to change makes it easier to adapt and view new challenges with less worry.

Take care of yourself.

Tend to your own needs and feelings.

Do activities and hobbies you enjoy.

Include physical activity in your daily routine.

Get plenty of sleep and make bedtime rituals.

Eat a healthy diet.

Take action.

Don't ignore your problems. Instead, figure out what you need to do, make a plan and take action.

It can take time to recover from a major setback, trauma or loss. But know that your life can improve if you work at it.



Let’s get grounded.

Explore Your Story

Businesses are run by **people**, and how we respond to uncertainty matters just as much as what plans we write down.

Reflect on a “storm” you’ve already weathered - not necessarily a literal weather event.

It could be:

- **a natural disaster**
- **a supply chain disruption**
- **a staffing crisis**
- **a sudden market shift**
- **COVID**
- **or any moment where your business or organization faced real uncertainty**

What helped you get through it?

What did you learn about resilience from that experience?