

Resilience:

The ability to bounce back and grow stronger when faced with adversity.



Homeland Security

Emotional Regulation



Emotional regulation is your ability to manage your emotions and mood. Drop the toast this morning, butter side down? Did you laugh at the situation or become angry about it?

Tips

Laugh in the Face of Anger

Using laughter to decrease stress is no joke. Research has shown it is just the thing to put a spring back into your step. So go on and have a “haha” moment.

Do a Feeling Swap

We can't change our feelings, but we can change our thoughts. Next time you start to feel a negative emotion building, think of something positive, like your weekend plans. You'll shift those blues to bliss in no time.

Hit the Pause Button

How great would it be if we could hit “pause” before we reacted to a situation? Our lives don't have remote controls, but there is a way to avoid “react regret.” Just “Stop, Pause, Think and then Act.”

Self-Efficacy



Your self-efficacy is the belief you have in yourself to face challenges. It's your confidence to make it through a tough situation. If you fear failure, don't worry. It only takes a few small successes and small “wins” to strengthen your confidence and self-efficacy.

Tips

Believe You Can and You Will

Self-efficacy is a reliance on the self. Think of it as a mantra you can repeat over and over whenever needed: “I think I can do this. I know I can do this. I will do this.”

Adjust Your Lens

Problems seem bigger the closer you are to them. Keep things in perspective – ask yourself, “Is it really as bad as I think it is?”

Celebrate the Little Wins

“Someday” isn't a day on the work calendar. Don't put off hard tasks because they seem overwhelming. Instead, just break them down into smaller, more manageable chunks. Every little step is progress.



A resilient
DHS
starts with
a resilient
you.



Homeland Security

Was this helpful?

Give feedback to DHSTogether@hq.dhs.gov

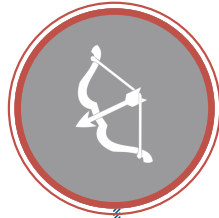
Working with the Department of Homeland Security can be an exciting, challenging, and sometimes dangerous job. There may be times when you experience a setback or encounter a problem you can't seem to solve. It's at these times when being resilient is key.

In this brochure, you'll find tips to help sharpen your resiliency.

Remember

A resilient DHS starts with a resilient **you**.

Cognitive Focus



Cognitive focus and attention is how well you work with others, have a positive attitude, manage stress, and take the lead.

Tips

Plan = Can

Visualizing a plan is a simple thing you can do to help maximize your productivity and peace of mind. You'll be more confident, prepared, and in control than if you just "winged it."

Be a Conversation Sponge

Try to practice "active listening" - concentrate on what is being said in a conversation, instead of passively listening or waiting for your chance to talk. You'll be surprised by how much you learn!

Don't Litter... Negativity

Littering negativity in the workplace (or any place, for that matter) can spread negative feelings and hurt your colleagues' - and your own - morale. Instead, sprinkle some positivity around and watch the good vibes grow.

Optimism



Do you see the glass as half empty? Or half full? Your answer says a lot about your level of optimism.

People with high optimism approach tasks with a smile. They're excited to dig in, learn something new, and move on.

Tips

Do A Forward March

Setbacks are little lessons in disguise. So when something goes wrong, don't beat yourself up. Instead, just pick yourself up, dust yourself off, and march on with a new, enlightened perspective.

See The Project Potential

Is it a new task... or an accomplishment you haven't experienced yet? The difference is just a matter of perspective. Believe the outcome will reflect the effort, because it does!

Have A Can-Do Spirit

Sometimes finding the good in a situation can be like trying to find a needle in an avalanche of haystacks, but every down has an up. Try to stay positive. It'll help you see through the negative and find creative ways to improve the situation.

Flexibility



Flexibility is your ability to handle change and uncertainty. The next time you're faced with a roadblock, try to be flexible. It means you "bend and don't break" when harsh winds blow your way.

Tips

Think "We" Instead of "Me"

Flexibility means that you are willing to overlook your personal need to be right all of the time. Cooperation is the key. In other words, it's about knowing it all... some of the time.

Think Outside Your Brain

Consider how other people in your life would deal with a challenge. What would your best friend tell you to do? How would your old boss handle the situation? Putting yourself in other people's shoes can help you take big steps in the right direction.

Ready, Set, Recover

Imagine if every time athletes got knocked down, they sat there feeling sorry for themselves. No game would end! Defeats happen in every field... to every person. It's about how quickly we bounce back without dwelling on the negative that makes a difference.