

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

Working with the Department of Homeland Security can be an exciting, challenging, and sometimes dangerous job. There may be times when you hit a roadblock or experience a setback. It's at these times when being resilient is key.

Highly resilient people excel in five key areas. Here are some simple tips to help you sharpen your resiliency in each:

Cognitive Focus

What It Is: How well you work with others, have a positive attitude, manage stress, and take the lead.

How To Improve Yours:

Plan = Can

Creating a plan for the future is an easy thing you can do to maximize your productivity, confidence and peace of mind.

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 can spread negative feelings. Instead, sprinkle some positivity around and watch those good vibes grow.

What's Up?

Realize the benefits of working with others. Focus on solutions rather than finding fault.

Emotional Regulation

What It Is: Your ability to manage your mood and make sure emotions don't get the best of you.

How To Improve Yours:

Do a Feeling Swap

When you start to feel a negative emotion, think of something positive, like your weekend plans. You'll shift those blues to bliss in no time.

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.

Hit The Pause Button

About to react poorly to a situation? "Stop, Pause, Think and then Act." It's a great way to lengthen a short fuse.

Change Your Perspective

Distance yourself from an emotional event by thinking of the situation from a neutral bystander's position.

Optimism

What It Is: The tendency to approach life with a smile and see the good in tough situations.

How To Improve Yours:

Do A Forward March

If something goes wrong, don't beat yourself up. Instead, just move on with a new, enlightened perspective.

See The Project Potential

Is it a new chore, or an accomplishment you haven't experienced yet? The difference is a matter of perspective.

Have A Can-Do Spirit

Try to stay positive. It'll help you see through the negative and find creative ways to improve the situation.

Explore

What's the best thing that can happen? What's the worst thing that can happen? What's the probable thing that will happen?

Flexibility

What It Is: Your ability to handle change so you bend (instead of break) when harsh winds blow your way.

How To Improve Yours:

Think "We" Instead of "Me"

Flexibility means you are willing to overlook your need to be right all of the time. Cooperation is key.

Think Outside Your Brain

How would your best friend deal with a challenge? Putting yourself in other people's shoes can help you take steps in the right direction.

Ready, Set, Recover

Defeat happens. It's how quickly we bounce back without dwelling on the negative that matters.

What Else?

Stay open to the ideas of others; look for solutions, options, and alternatives to problems.

Self-Efficacy

What It Is: The confidence you have in yourself to face life's challenges.

How To Improve Yours:

Believe You Can and You Will

Create a mantra: "I think I can do this. I know I can do this. I will do this."

Adjust Your Lens

Keep things in perspective – ask yourself, "Is it really as bad as I think it is?"

Celebrate Little Wins

Don't put off tasks because they're overwhelming. Instead, break them down into smaller, more manageable parts.

Who's Your Idol?

Observe others who are successful and imitate their behavior.

