

Emotional resilience at work: understand and build it



Action plan

1

Breathe before responding to create a pause

2

Ask yourself whether there's another way to read this

3

Look after your sleep, nutrition, and movement

4

Treat mistakes as data, not as a verdict

5

Strengthen bonds and reconnect with your purpose

Key takeaway

Resilience can be built: feel the blow, separate fact from self-judgment, and act again.