



UBA
PARTNER FIRM

Shared Wisdom.
Powerful Results.®



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

November 2024

Building Emotional Resilience

Pressure on employees has evolved as remote work becomes the standard and AI plays a more significant role in daily tasks. You might find yourself juggling new demands that push your stress levels higher. A [recent survey](#) found that although 97% of employees enjoyed the flexibility of working from home and would recommend it, 27% had difficulty unplugging, 16% faced challenges with collaboration, and another 16% experienced feelings of loneliness. Emotional resilience—your ability to adapt to challenging situations and bounce back—is a must-have skill in today’s fast-changing workplace.

Emotional resilience is about turning challenges into learning opportunities rather than just something you must get through. When you’re resilient, you stay focused, productive, and level-headed, whether you’re working on a high-stakes project, trying to master a new tech tool, or dealing with some harsh feedback.

Lean on Your Support Network

Don’t underestimate the power of a good chat with a friend or a colleague who gets it. Social connections help you manage stress and feel like you’re not going it alone, even when working from home. The research backs it up: people with strong support networks handle challenges better and stay more engaged at work. Make time for virtual coffee breaks, team-building activities, or a quick check-in with someone you trust.

Embrace a Growth Mindset

It’s easy to see setbacks as failures, but try flipping that perspective. What can you learn from it? Maybe you’re struggling to adapt to new AI tools—instead of seeing it as a roadblock, see it as an opportunity to learn valuable new skills. Adopting a growth mindset keeps you motivated and ready to tackle any challenges that come your way.



Set Clear Boundaries

Remote work can blur the lines between your work and personal life, which isn't great for your mental health. It's essential to set some boundaries. Have a designated workspace, take regular breaks, and set clear work hours to give yourself time to recharge. [Research shows](#) that setting boundaries boosts well-being and helps keep stress in check.

Make Self-Care a Priority

Whether working out, getting enough sleep, or practicing mindfulness, taking care of yourself makes a huge difference. Making self-care a habit makes it easier to recover from setbacks and stay optimistic.

Stay Flexible

Sometimes, things don't go according to plan. Maybe your workload is piling up, or unexpected challenges are popping up. Don't hesitate to talk to your manager about adjusting or considering flexible scheduling. When you stay adaptable, you can better handle stress and keep your productivity on track, even when things are shifting around you.

Building emotional resilience takes time and dedication. As remote work expands and AI reshapes daily tasks, the ability to adapt becomes essential. Prioritizing meaningful connections, setting firm boundaries, and making time for self-care will help you face new challenges with clarity and readiness.

When you approach difficulties openly, even the most challenging situations can lead to valuable learning. Emotional resilience isn't just about weathering tough times—it's about using those experiences to grow stronger and prepare for what's next.



Wellness Works® Book Review | Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness

Building resilience isn't just about enduring tough times; it's about developing the inner strength to handle everyday challenges with a steady mind. In [Resilient](#), Rick Hanson, Ph.D., and Forrest Hanson provide practical insights for cultivating well-being through resilience. Drawing on neuroscience, mindfulness, and positive psychology, the book offers a framework for using the brain's natural ability to grow stronger in a changing world.

Key Concepts

The authors emphasize that resilience involves more than simply surviving adversity—it's about thriving by nurturing qualities like mindfulness, gratitude, and self-compassion. The book explains how to counter the



brain's tendency to focus on negatives by intentionally reinforcing positive experiences and gradually building pathways that promote calm, happiness, and confidence.

Practical Applications

The techniques in *Resilient* can be applied to everyday situations, from managing stress at work to improving personal relationships. Simple practices such as mindfulness exercises, gratitude routines, and focusing on small positive moments help rewire the brain for resilience. The book offers accessible methods for releasing painful thoughts and replacing them with supportive ones, creating a stronger emotional foundation.

Impact

With its research-based strategies and practical advice, *Resilient* is a valuable guide for enhancing emotional strength. The tools provided help individuals cope with challenges and grow from them, ultimately fostering a positive cycle where resilience supports well-being.

The Final Word

Warm and down-to-earth, *Resilient* offers essential strategies for building lasting inner strength. It's not just about surviving difficulties but using them as opportunities for growth, creating a deeper sense of peace and resilience in daily life.

This information is general information and provided for educational purposes only. It is not intended to provide legal advice. You should not act on this information without consulting legal counsel or other knowledgeable advisors.

