

Teap.

Everyone deserves a little couch-time.



Monthly Wellness Seminar

Bouncing Back:
Developing Emotional Resilience in Challenging Times

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ABOUT THE PRESENTER

Roxanne Collins, LPC, MA

- Educator for 15 years
- Licensed Professional Counselor
- Works w/Adults, Teens and Couples
- Loves to Travel



➤ Why are we here?

- Understand what emotional resilience is and why it matters.
- Learn how to develop 3 key soft skills that promote resilience.
- Engage in self-reflection and discussion.
- Apply tools through real-life examples and activities.



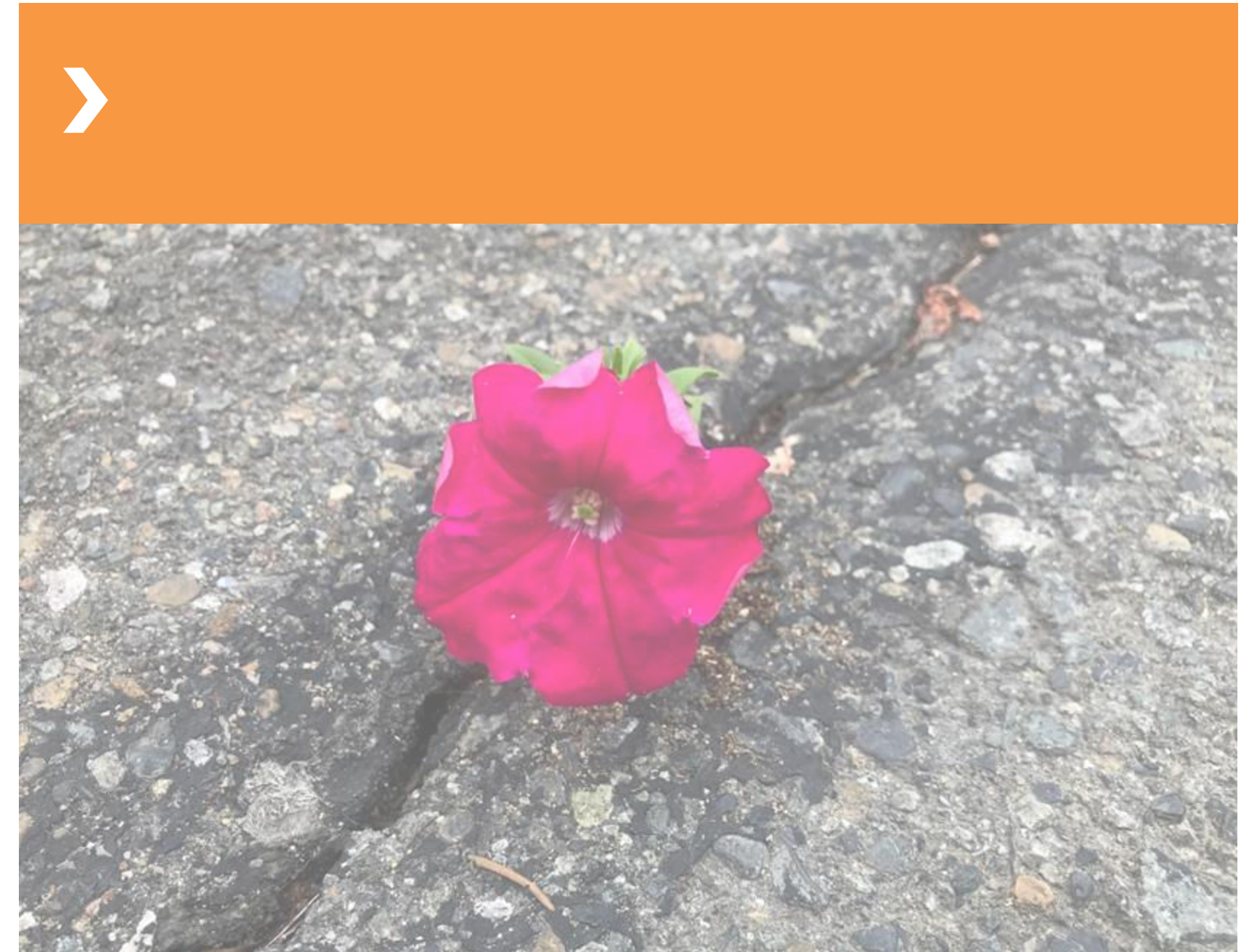


Poll #1

When you're stressed, which reaction is most common for you?

➤ What Is Emotional Resilience?

- The ability to adapt and recover from stress, adversity, or trauma.
- It doesn't mean avoiding stress—it means navigating it effectively.



➤ **Case Study: Meet Jasmine**

1. Jasmine is a team leader in a busy corporate environment.
2. She's known for being high-performing, but she recently lost her father and has been missing deadlines.
3. Team morale is dropping, and she feels ashamed asking for help.
4. What soft skills could Jasmine benefit from developing?



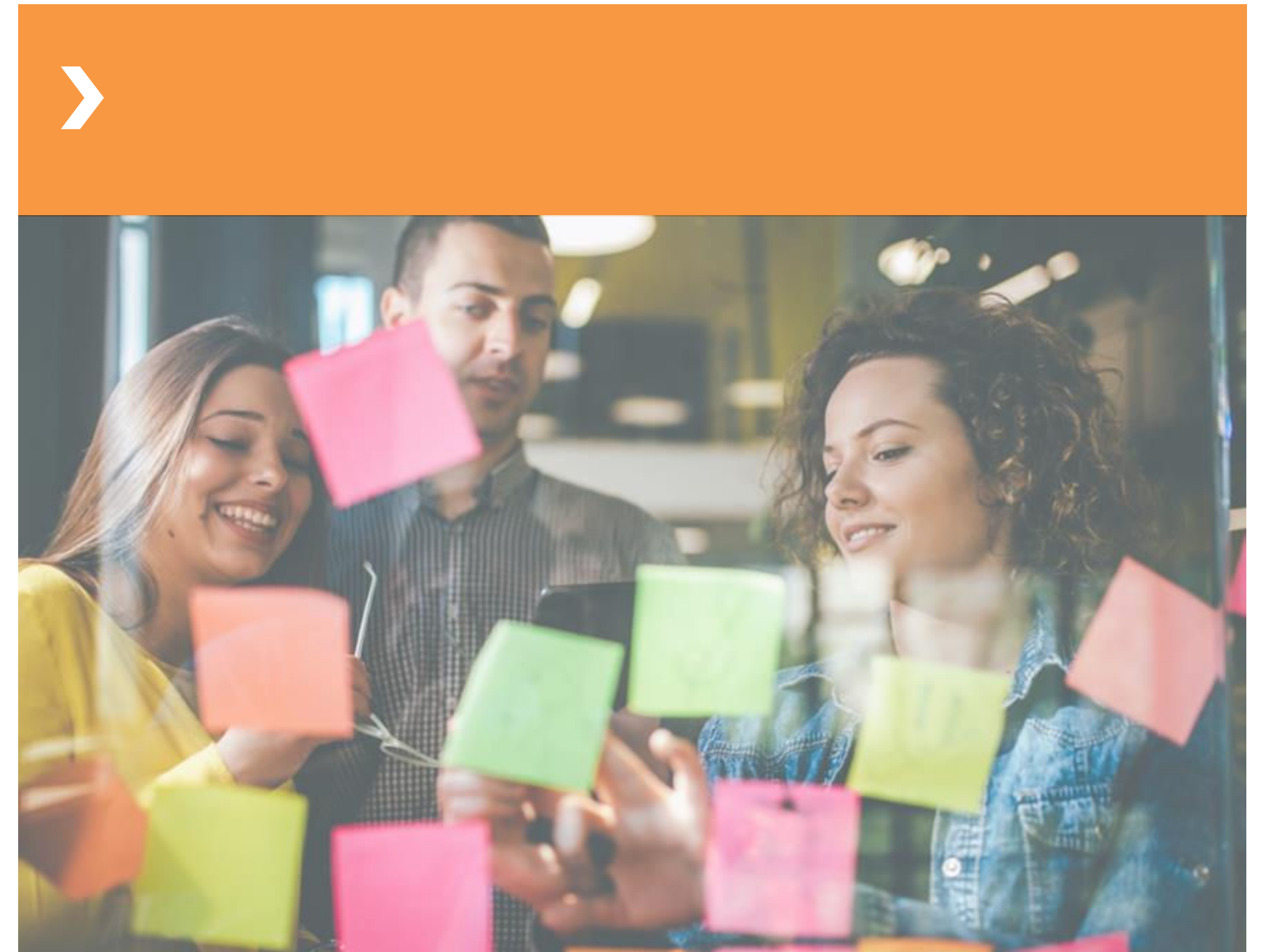
➤ Takeaway #1: Self-Awareness

- **Definition:** The ability to recognize and understand your emotions, thoughts, and behaviors.
- **Why it matters:** Emotional regulation begins with recognition.
- **How to build it:**
 - Daily check-ins: "What am I feeling right now? Why?"
 - Use mindfulness or journaling tools.



➤ **Activity: Self-Awareness Snapshot**

- Write down one recent moment when you felt overwhelmed.
- What triggered the feeling? What was your internal dialogue?
- Share and Reflect in chat.





Poll #2

How often do you take time to check in with your emotions during the workday?

➤ Takeaway #2: Adaptability

- **Definition:** Your ability to adjust thoughts and actions in response to change.
- **Why it matters:** Change is inevitable. Adaptability keeps you productive.
- **How to build it:**
 - Reframe stress: "What can I learn from this?"
 - Embrace a growth mindset.



➤ **Activity: Reframe the Narrative**

- Scenario: You were moved to a new department unexpectedly.
- Respond with a fixed mindset vs. a growth mindset.
- Provide feedback in chat.





Poll #3

How do you typically respond to unexpected change at work?

➤ Takeaway #3: Empathetic Communication

- **Definition:** Communicating with understanding and compassion.
- **Why it matters:** Builds trust and reduces workplace tension.
- **How to build it:**
 - Practice active listening
 - Validate others' feelings: "That must be difficult."



Case Study Follow-Up: Jasmine Revisited

- Jasmine began checking in with her emotions and journaling daily.
- She reframed her grief as a sign to ask for support.
- She shared her struggle with her team, who responded with compassion.
- Productivity and morale improved.





Poll #4

Which soft skill do you most want to improve?

➤ Final Reflection & Tools

- Resilience is a skill you can strengthen over time.
- Tools to try:
 - Daily emotional check-ins
 - Reframing language: "What can I control?"
 - Listening to understand, not to fix



Thanks For Joining



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EAP Benefit Spotlight



BOUNCING BACK

DEVELOPING EMOTIONAL RESILIENCE IN CHALLENGING TIMES

Key Soft Skills



Build Self-Awareness

Reframe challenges and adjust your mindset to stay effective under pressure.



Strengthen Adaptability

Recognize and understand your emotions to enhance emotional regulation and decision-making.



Practice Empathetic Communication

Listen actively and respond with compassion to foster connection and resilience.