

Tip sheet

Resilience in the moment

Thoughts, feelings and behaviours

Resilience is the ability to adapt and grow in response to ongoing stressors. It is also the ability to bounce back and regain balance after adversity.

Our stress often starts with a 'trigger' or a situation that you might find stressful. Some simple everyday examples include missing the bus or train to work, standing up in front of prestart or being handed some work at the last minute. In these events, we may behave in a way that, when looking back, appears completely illogical or unhelpful. For example, reacting with anger or venting frustration, or in the case of a prestart, speaking too fast.

Thoughts, feelings and behaviours

- Our behaviour is usually linked to the way we are thinking about the situation (our thoughts) and the feelings we are experiencing as a result of those thoughts.
- For example, if someone walks by without saying hello – I could think '*they're ignoring me – they don't like me*' or I could think '*they've got something on their mind – they didn't see me*'.
- Our thoughts can range from positive and neutral to negative. How I feel about it will be different depending on which thought I have.
- Our thoughts determine our feelings, and both of these affect our behaviour.

Resilience in the moment - techniques

- When you are in moments of stress or pressure, you might experience physical thoughts or feelings related tension.
- When experiencing physical related tension we might feel muscle tension in shoulders or jaw, heart racing or butterflies in the stomach.
- When experiencing thoughts or feelings related tension, we might experience racing thoughts or inability to concentrate.
- There are techniques you can apply to manage 'stress out' moments.

Managing physical stress reaction

- **Breathing** techniques can assist in managing physical related tension. Slow measured, deep breathing will slow your heart rate and control all other physical responses.
- **Practice:** Focus and count your breaths for one minute. What did you notice?

Managing thoughts or feelings related tension

- **Grounding** can assist in managing our thoughts and feelings in moments of stress to bring you back to the right here and now, not allowing thoughts about the problem to spiral out of control.
- **Practicing grounding** – take a few minutes to note:
 - Five things I can see.
 - Five things I can hear.
 - Five things I can physically feel.

What did you notice?

Resources

- All of our mental health and wellbeing resources are available on the wellbeing page on bhp.com ([English](#) | [Spanish](#)).
- Remember, our [Employee Assistance Program](#) provides free, confidential, 24/7 counselling service. This service is also available for immediate family members.