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| cid:image002.jpg@01D40FA8.2CDC8980  Take a Break!  Have a Learning Byte | Image result for resilience | |
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| Find ways to become more comfortable with change. Change is constant and inevitable, and you can only be successful if you accept it rather than resist it. | | |
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| Learn new skills, gain new understandings, and apply them during times of change. Don’t hold onto old behaviors and skills, especially when it’s obvious that they don’t work anymore. | | |
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| Embrace self-empowerment. Take charge of your own career and development. Don’t expect someone else to guide the way | | |
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| Develop a “personal why” that gives your work meaning or helps you put it into a larger context. A clear sense of purpose helps you to assess setbacks within the framework of a broader perspective. | | |
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| Form your identity apart from your job. A job is just one facet of your identity, and a career is just one aspect of your life. Separate who you are from what you do. | | |
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| Develop and nurture a broad network of personal and professional relationships. Personal relationships create a strong base of support — a critical element in achieving goals, dealing with hardships, and developing perspective | | |
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| Whether you’re celebrating success or enduring hardship, make time to reflect. Reflection fosters learning, new perspectives, and a degree of self-awareness that can enhance your resiliency. | | |
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| Question (and even change) your definition of yourself or your career. Reframe how you see your skills, talents, and interests. By casting your skills in a new light, you can see how they might shift into new patterns of work and behavior. | | |