

MAKE STRESS WORK FOR YOU

Stress arises when something we care about is at stake. By embracing stress we can reap its benefits.



It's all in how you think about stress Stress Mindset: Harmful vs. Helpful

Mentally draining
Hinders performance
Impedes learning
Has a negative impact

VS

An energizing opportunity
Boosts performance
Facilitates learning
Has a positive impact

NEXT TIME YOU'RE STRESSED, EMBRACE IT Don't waste energy fighting stress, use it to your advantage:

- Let it motivate you to rise to the challenge
- Use it to connect with others for support
- Learn and grow from it, once the experience has passed



For more ways to strengthen
your resilience connect with us at:

@ArmyResilience  