

Resilience strategies in stressful situations

Maintaining good physical and mental health

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Where does stress come from?

The brain perceives a
threat
(absolute or relative)

It secretes a
hormone
(**cortisol**)

This mobilizes the
body's **energy** to
attack or flee

Absolute threat

A person's life can truly
be threatened



(e. g. Covid-19)

Relative threat

A person may perceive
a situation as

a **NOVELTY**
UNPREDICTABLE
a **TREAT TO THE EGO**
lacking a **SENS OF LOW CONTROL**

*A new pandemic breaks out worldwide (N)
leading to uncertainty about your employment (U)
You are assigned completely new tasks at work (T)
and you feel powerless faced with these changes (S)*

NUTS

Source: Centre for Studies on Human Stress (CSHS): <https://www.stresshumain.ca/>

Managing stress to promote well-being

Step 1

Recognize your stress indicators

Tense muscles, sweating, rapid heart rate and breathing, stomach aches, sleep disturbances, difficulty concentrating, restlessness, etc.

Step 2

Stop the perception of a threat

Move away from the source of the stress.
Do what it takes to reduce the true risk, change your mindset and decrease the perception of NUTS

Step 3

Stop the production of cortisol

Stretch the diaphragm.
Sing, breathe, do yoga ...
Produce positive hormones.
Laugh, hug, be helpful ...

Step 5

Think about solutions with those around you to reduce your stress (NUTS)

Overcome your discomfort with **novelty**.
Make things less **unpredictable**.
Feel useful and competent **(to reduce threat to ego)**.
Regain a **(sense of control)**.

Step 4

Liberate the energy mobilized by stress

Get moving!
Play sports, go for a walk, use the stairs ...



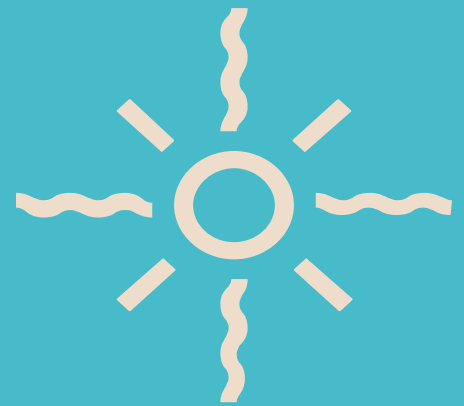
Resilience strategies: Take care of yourself!

Maintaining a high energy level to better cope
with daily stress

1 Social support

Share with others!

- Work together to find **solutions** to sources of stress (*be careful to not dwell on the negative!*)
- Do **enjoyable activities**.
- Share **positive thoughts** and **emotions**.
- Develop a sense of **belonging** to a group.



2 Lifestyle habits

Healthy habits keep energy levels high.

- Get regular and restful **sleep**.
- Eat a healthy, balanced **diet**.
- **Exercise**, get fresh air and expose yourself to daylight daily.



3 Stress management

**Managing stress as it happens
prevents chronic stress!**

Resilience is not cultivated in crisis situations.

It is primarily a preventive strategy.

Rachel Thibeault, 2020

*You don't start weaving your parachute the moment
the plane's engines break down!*

Christophe André, 2015