

# 6 Quick Tips for Building Adaptability and Resilience at Work



## How to Build Adaptability and Resilience at Work

Resilience is a person's ability to respond to daily stress. However, it's not something that can be summarized in a single skill or trait. It is a combination of traits such as

flexibility, coordination, strength, optimism, and how quickly you recover. In short, resilience is overcoming change and adaptability in the workplace.

# How to Build Resilience in the Workplace?

Here are some of the best practices for building resilience in the workplace:

## 1. Be Optimistic

Most people usually focus on the negative aspects of any situation. Hence, they fail to identify the positives and lose determination and will to push through. One of the best examples of resilience at work is the current scenario of the COVID-19 pandemic.

In these tough times, many people have lost their jobs or are experiencing pay cuts. While it would terrify most people, the optimistic individuals would take it as a temporary phase. Some will also take this as an opportunity to add new skills.

## 2. Plan and Organize Your Work

If you don't get organized, it can lead to complications. You can't always remember things or every task on the spot. However, by planning your work for the month and organizing your daily tasks, you can free yourself from the mental strain.

Plan your objectives for the month and make a list of tasks accordingly. It will help you break down your goals into smaller achievable tasks. By doing so, you can increase your productivity and clear the time from your schedule or any unexpected task.

## 3. Improve Your Work Relations

The type of relationship you have with your colleagues can significantly affect your productivity.

As a result, you will be able to better communicate your issues with them. Moreover, they would be more understanding and willing to offer a helping hand in difficult situations.

## **4. Consider Challenges as Opportunities**

When people come across an unexpected task or situation, they usually panic. This leads to poor decision-making or and eventually, poor results. Rather than panicking, consider it as a challenge to prove your worth or a chance to learn something new.

For instance, you are now to head a big project for the first time. Instead of thinking about your lack of experience for the task, take the initiative and learn from the experience. Find ways to improvise, adapt, and overcome. You can even ask for help from your colleagues or peers.

One of the best adaptability in workplace examples is that your roles and responsibilities will steadily increase as you continue working in an organization. You will have to put more effort and find new ways to fulfill your responsibilities.

## **5. Follow a Healthy Schedule**

People often spend too much time thinking about how to build resilience at work. It eventually gets to a point where they are too immersed in the idea. Resultantly, they compromise their health due to not following a healthy lifestyle. They tend to overwork themselves, which leads to burn

Follow a healthy lifestyle and take sufficient time for rest. Without these, you won't be in the right mindset, which will affect your work performance and problem-solving capabilities.

## **6. Learn from Your Mistakes**

While it may be the last piece of advice, but is probably the most important one. When you take the initiative in something you don't have experience in, you will make some mistakes. However, when you figure things out and overcome the situation, ensure to learn from those mistakes so that you don't make the same mistakes again.

## **What are the Benefits of Resilience?**

Resilience enables us to keep our cool in stressful times and improves our adaptability skills in the workplace. You can concentrate on the tasks at hand and recover from difficult situations, increasing efficiency.

Here are a few more advantages of developing resilience:

- Encourage people to stay involved
- Improve communication
- Enhance problem-solving skills and abilities
- Reduce workplace stress
- Increase productivity and efficiency
- Inform clients of your reasonable expectations
- Improve your relationships with your employer and coworkers
- Take advantage of opportunities to broaden your skillset
- Structure and efficient use of time
- Get a helping hand when in need

## **Final Thoughts**

We hope this answers your questions on building resilience at work. It may take time to strengthen your resilience in adverse situations, so don't lose hope if you find yourself struggling.

No matter who you are, you can all learn to be more resilient. Some people have much higher degrees of resilience than others. Do not neglect your present capabilities and focus on developing new ones.