

The Four Pillars of Emotional Resilience



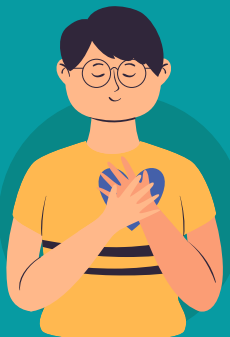
CARE

Clarity (Awareness)



Start each day with an emotional check-in. Assess your feelings, rate their intensity, and identify the root causes. This builds self-awareness and prevents impulsive reactions.

Acceptance



Recognise and embrace all emotions, even uncomfortable ones. Use affirmations like, "I acknowledge this feeling, and it's okay to feel this way," to reduce internal resistance.

Regulation



Develop healthy methods for managing emotions, such as practising the 4-7-8 breathing technique, engaging in physical activities, or channeling feelings through creative outlets.

Expression



Avoid bottling up emotions. Use outlets like conversations, journalling, or artistic activities to express and release feelings constructively.



Focus on intentionality rather than autopilot behaviour. Deliberately practising resilience strategies leads to stronger emotional habits over time.

Strengthen emotional resilience incrementally, like building a muscle. Start with manageable changes and maintain consistency for long-term improvement.



Create safe spaces to share emotions at work, such as walking meetings or open discussions.