

Become more resilient - reframe stress as opportunity



OTC - Over the counter

OTC remedies are available for self-care, without a doctor's prescription - "*caveat emptor*."

So is this selection of topics from the internet - the world's largest OTC store.

I share articles in the spirit of "*fair use*" as a means to adding my perspective on the subject.

Become more resilient - reframe stress as opportunity



Productivity

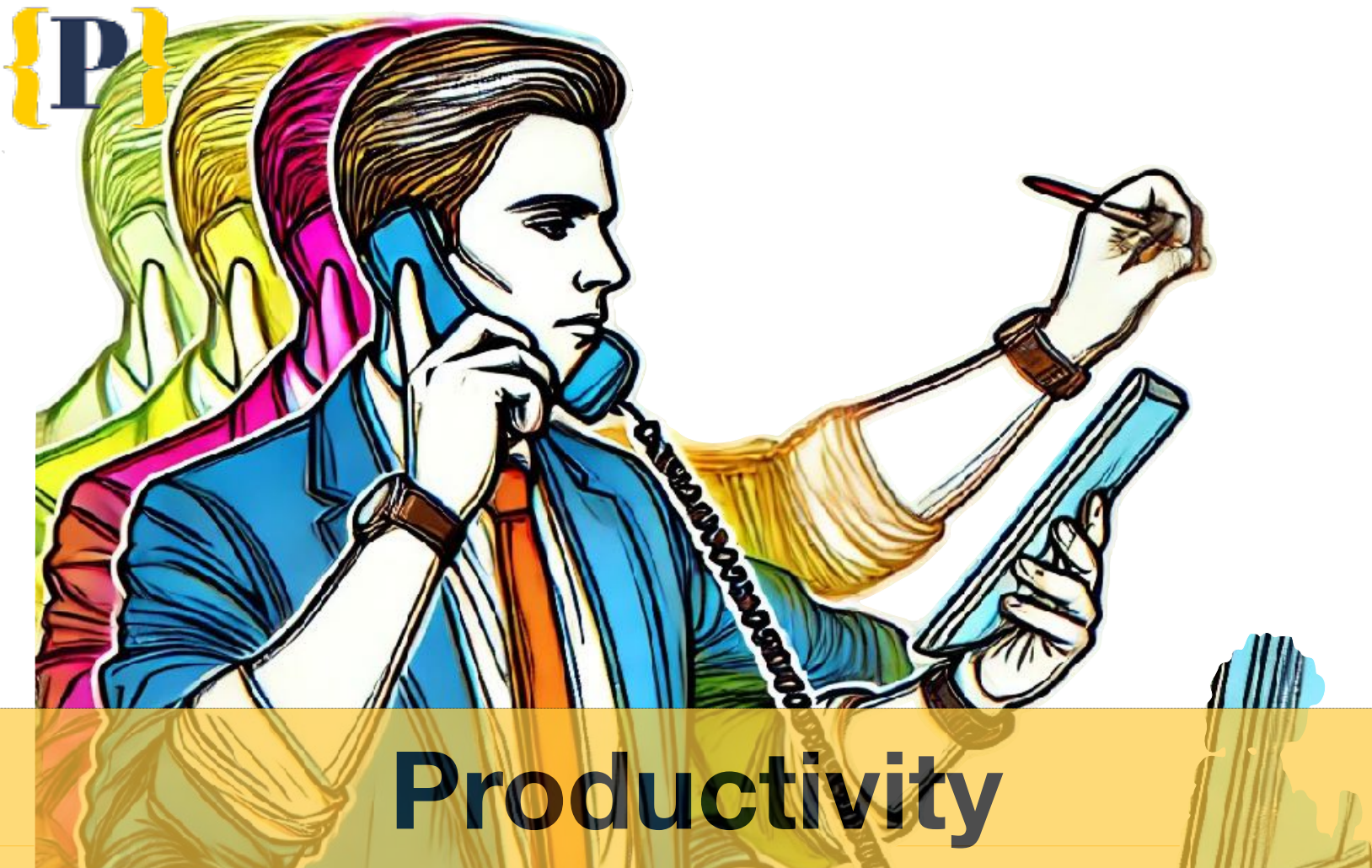
...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

Having a strong sense of controlling one's life is a more dependable predictor of positive feelings of well-being than any of the objective conditions of life we have considered.

**Become more resilient -
reframe stress as
opportunity**



Productivity

...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

NOW

4 Responses

- **Resilience = no distress**
- **Recovery = distress -> recovery**
- **Delayed = no distress -> distress after time**
- **Chronic = persistent distress**

The most common response to adversity is not chronic stress; it's resilience.

Become more resilient - reframe stress as opportunity



Productivity

...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

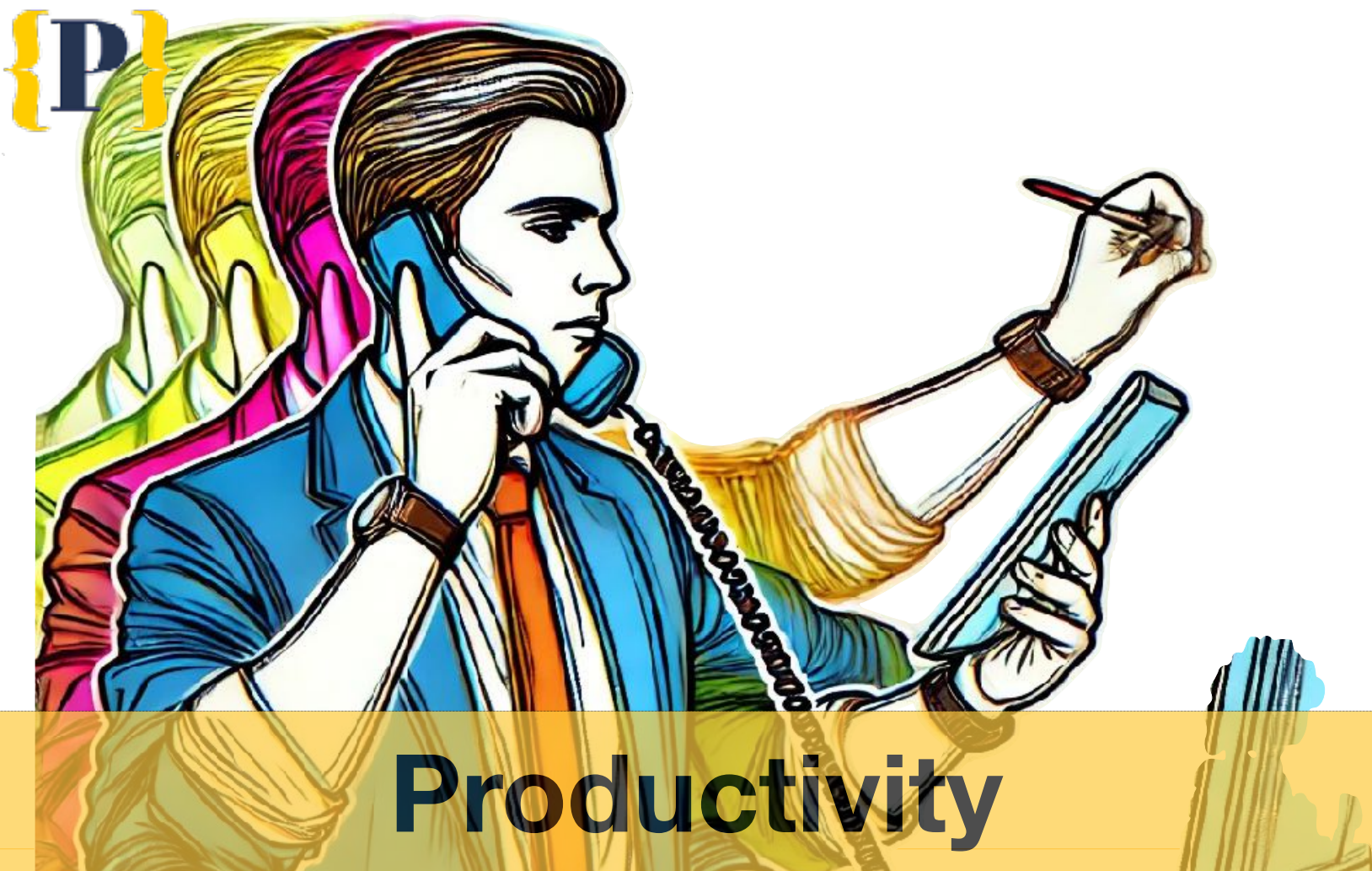
<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

BUT...

- **Maladaptive coping - "I can't do it!"**
- **"I give up!"**
- **Resilience - more common than expected**
- **> 60% in studies**

Sometimes all it takes is one weak moment to trigger an avalanche of doubt and negativity.

Become more resilient - reframe stress as opportunity



Productivity

...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

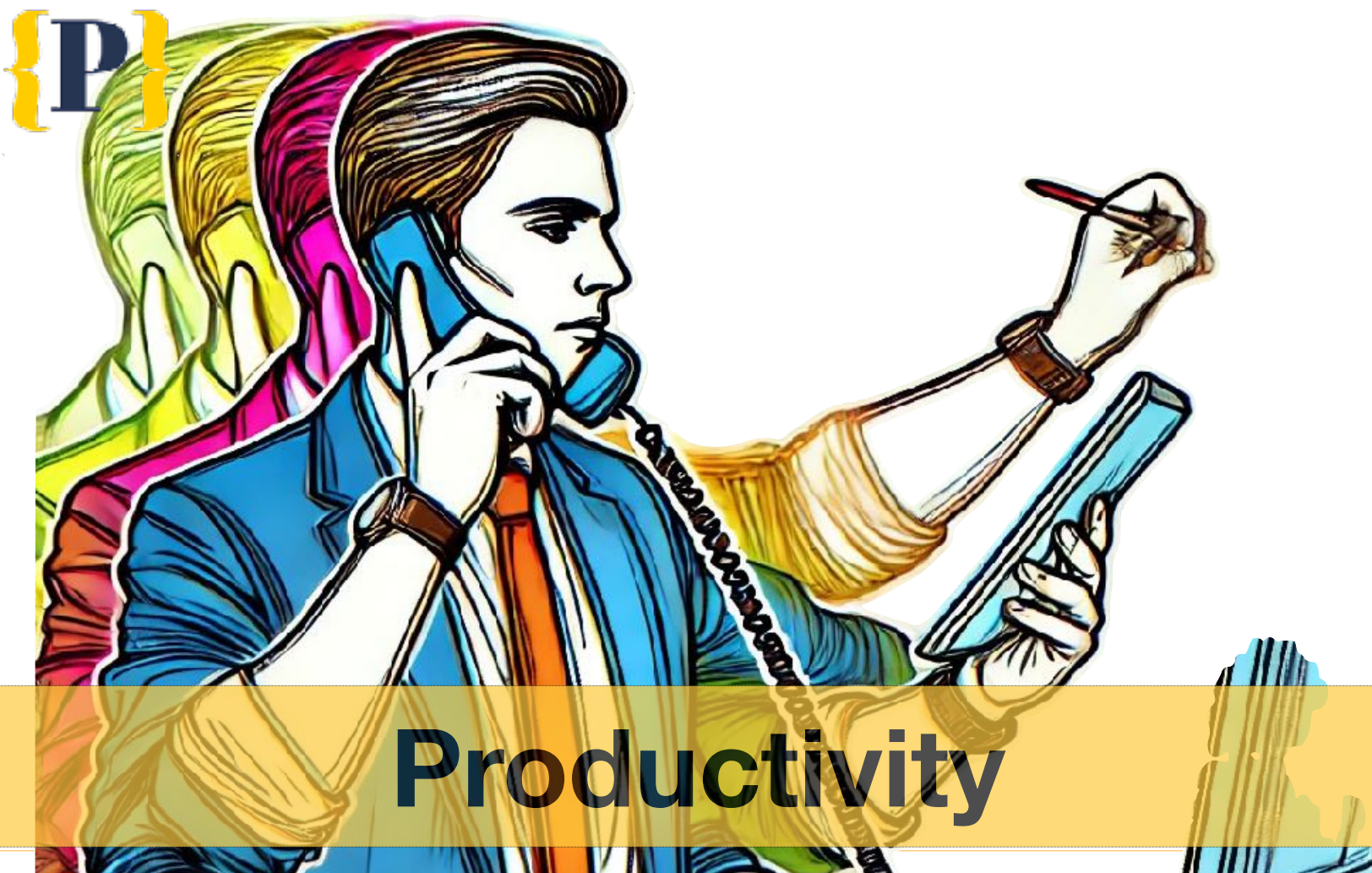
<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

NEW

- Reframing stress
- Choice/ challenge
- Chance to grow

Framing stress as something you choose helps create a sense of agency and control.

Become more resilient - reframe stress as opportunity



...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

SO...

- **It's your call**

Take a step back and reframe the situation... see stress as a signal you have the opportunity to rise to a challenge.

Become more resilient - reframe stress as opportunity



Productivity

...Emotionally intelligent people use these 2 mental strategies to overcome adversity and become remarkably resilient

Hayden J, Inc. November, 2024

<https://www.inc.com/jeff-haden/science-says-people-with-high-emotional-intelligence-use-these-2-mental-strategies-to-overcome-adversity-and-become-remarkably-resilient/91001292>

My {P}rescription

- The incredible resilience of life
- Self compassion
- Savouring - resilience through joy
- Non-linear process



- **Share**
- **Repost**
- **Subscribe**
- **Archives & more at:**

<https://p-prescription.com>