



Week 5 – Stability Zones – Building your Resilience

How many times have you had “one of those days”?

You know, when it seems like everything and everyone is against you. Problem after problem, everything is out of your control and it just goes on and on and on...

At the end of “one of those days”, it’s a huge relief when it gets to 5:30pm. Perhaps you’ve even been counting down the minutes. You walk through the door to your house or you go the gym, or you meet with a friend – suddenly, the stress disappears. Or it at least seems more manageable.

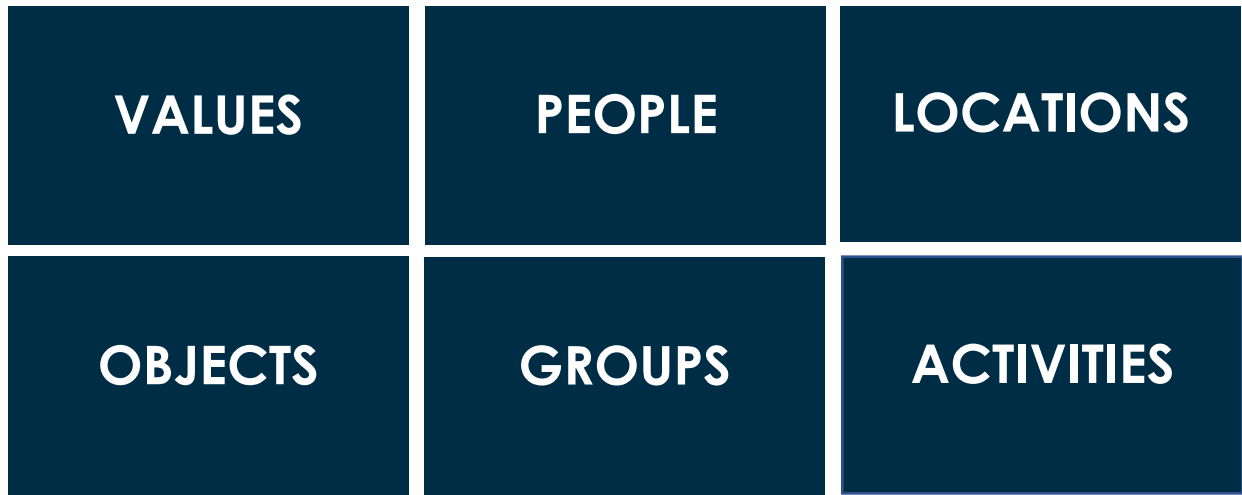
You’re surrounded by your comforts, whether that’s being in your own home, surrounded by people you love or doing something you enjoy. You can begin to relax, and the stress of work is tomorrow’s problem.

In Week 5 of the 12 Weeks of Wellbeing, we look at “Stability Zones” and your exercise this week is to identify them and bring them into your work life so during these moments of high-pressure, overwhelm or when you’re just having “one of those days”, you can manage your stress levels and be a happier, more resilient you for the rest of the day.

Create “Stability Zones” to help manage your stress levels, build your resilience and improve happiness.

Familiar comforts – like home or your favourite, memorable destination – can become much-needed escapes to let your mind and body re-energise.

Stability Zones are places or things that make you feel safe, relaxed, secure and happy. Think of them as buffers – types or protection or defence – against the outside world. These aren't just limited to places, Stability Zones cover:



The Exercise:

How can you translate this into your day to day work life?

Create a Stability Zones board for your desk at work. Get as creative as you want with this! You could purchase a small pin board, cut out images, write down words and pin them to your Board of Stability.

Then, during times of high-pressure, overwhelm and stress, you can use your board to get perspective. To maybe remind yourself of why you're doing it or to calm your mind, to go to that "happy place".

Here is an example of Alice's which might give you some inspiration:

