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**How Petere**



### Learning to Adapt and Rebound

There are two parts to increasing the capacity for resilience. The first is generally building the ability to handle stressful situations and the second is developing strategies to cope in the moment. One is increasing the strength of the battery and the other is preventing it from depleting too quickly.

“We know we are going to have stressful events in our lives, so we need to consider what are those small ongoing stressors that can sap our capacity,” Touzin said. “You want to identify and eliminate or reduce those.”

Even small things like an uncomfortable chair or too many interruptions can add up over time and drain the battery.

During a stressful event, it helps to recognize what is happening physically and to consciously evaluate options. Assume objectivity, as if it were someone else’s problem. What advice would you give that person?



## The Four Domains of Resilience:

**T**here are four interrelated domains of resiliency, the physical, spiritual, emotional and mental. Individuals typically have more resiliency in one than another. Incorporate activities that will help build on your strength.

### Employee Development Office

Department of Human Resources • 129 Lake Street  
617.552.8532 • [employee.development@bc.edu](mailto:employee.development@bc.edu) • [www.bc.edu/ed](http://www.bc.edu/ed)

*Editorial Services provided by*  
Jennifer Powell, The Excellent Writers  
[excellentwriters.com](http://excellentwriters.com)

*Graphic Design by*  
Tania Fine Helhoski, BirdDesign  
[birddesignstudio.com](http://birddesignstudio.com)