1. **Embrace what is:** Acknowledge the situation by seeing things as they really are – as difficult as that may be. Often, we resist seeing things as they are because we don’t want to experience uncomfortable emotions. When you feel an uncomfortable emotion, try taking 3 deep breaths to ground yourself!

2. **Make meaning:** When a difficult situation arises, consider what qualities or capacities have emerged in you as a result. Ask yourself, “How am I emerging stronger because of the challenges I’ve faced?”

3. **Step back and move forward:** Try to see the big picture clearly so you can determine what actions to take. This takes focus and awareness. Ask yourself “What’s important right now?” and commit to one small step you could take to move forward.

4. **Let go of fixed expectations:** It’s easy to get stuck in this gap between what is and how we want something to be. Embrace setbacks as part of the process and let go of fixed expectations about how things should be.

**WHAT YOU CAN DO**

**THE ABILITY TO MANAGE STRESS INCREASES JOB SATISFACTION, IMPROVES JOB ENGAGEMENT, AND LOWERS BURNOUT.**

Workers who recover from stress more easily are

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- 26% more engaged with their work
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Find more insights about mental well-being in *The Mind at Work* – Potential Project’s bi-annual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees’ moods and mental states within the flow of a work week to reveal the true employee experience.