

STAYING RESILIENT: DEALING WITH AN UNCERTAIN FUTURE



Dr Sarb Johal EEA Health and Safety Workshop - Oct, 2023

PREDICTABILITY

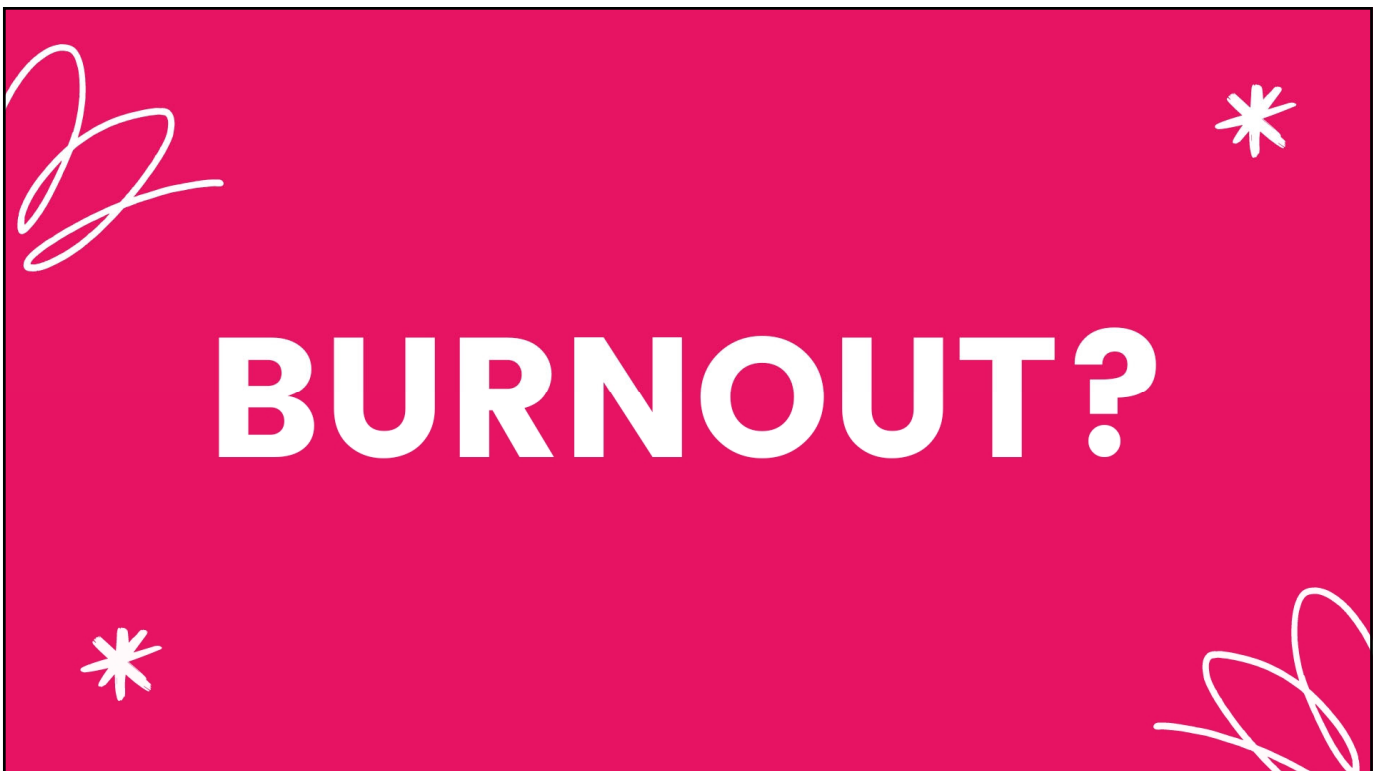
WE LIKE THIS





COVID-19
CLIMATE CHANGE
CONFLICT
COST OF LIVING ...







**ENERGY DEPLETION
MENTAL DISTANCE
REDUCED EFFICACY**

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DEPRESSION?

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LANGUISHING



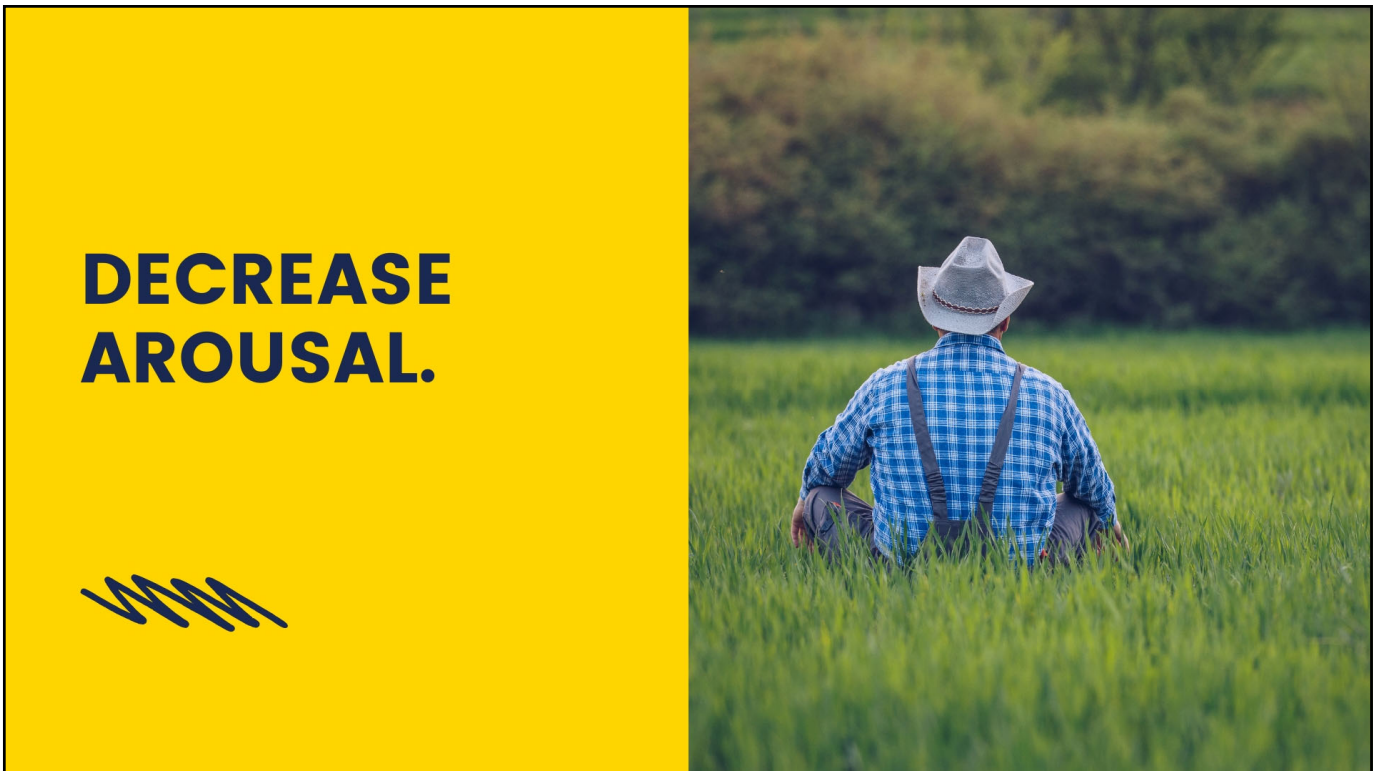
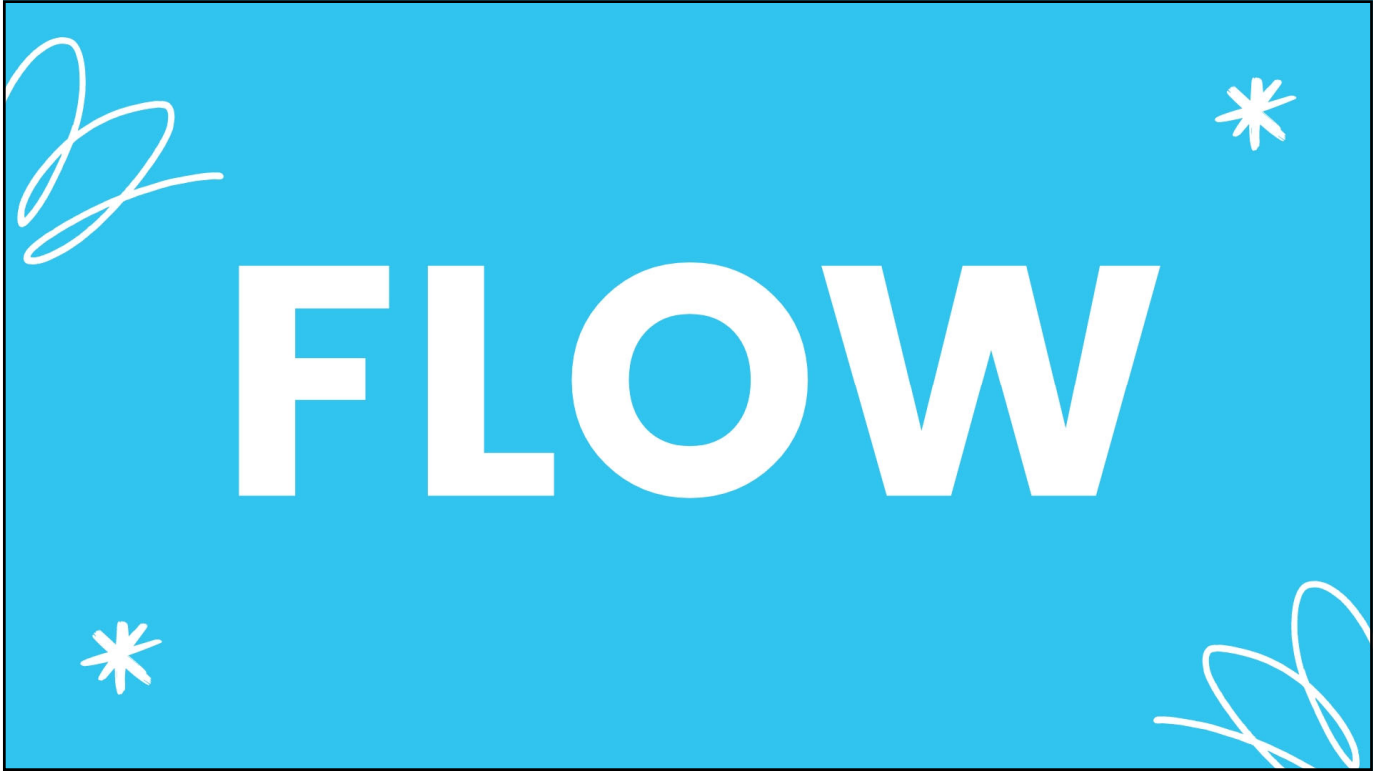
**STAGNATION
EMPTINESS
ABSENCE OF JOY**

**LANGUISHING IS
THE SILENT
EPIDEMIC.**



THE ANTIDOTE?










TOOLS



01
DIET, EXERCISE, SLEEP.

The basics matter a lot.

02

CLARIFY YOUR VALUES AND GOALS.



How do you spend your time?



03

PUT PLEASURES BACK INTO LIFE.

You matter.





04

DON'T PUT ALL YOUR EGGS IN ONE BASKET.

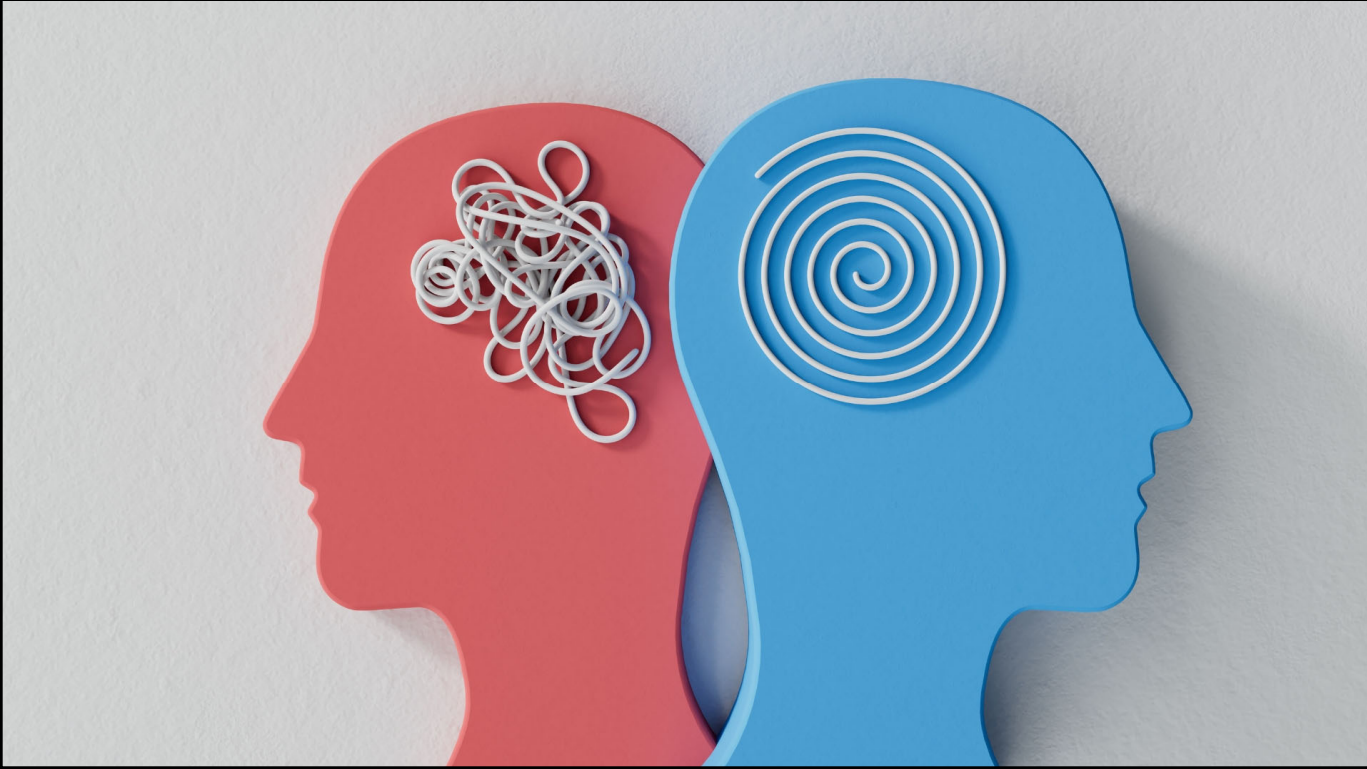
Spread your self-worth sources.



05

BUILD UP SUPPORTIVE RELATIONSHIPS.

A sense of belonging is key.







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