

In the challenging world of elections management, resilience, or the capacity to withstand or to recover quickly from difficulties, is a valuable trait that helps election officials thrive in the face of adversity. Building resilience can improve your ability to adapt and overcome obstacles.

BENEFITS

- Enhances ability to handle stress and pressures
- Improved problem solving skills
- Greater overall well-being

QUICK EXERCISES/ACTIVITIES

Positive Affirmations

- 1 Take a few minutes to reflect on your strengths and past successes.
- 2 Write down positive affirmations about your abilities and your capacity to overcome challenges.
- 3 Place these affirmations in common areas to you, such as on a mirror, computer screen, or in a desk drawer you frequently open.
- 4 Repeat these affirmations to yourself regularly, especially during difficult moments.

Gratitude Journaling

- 1 Set aside a few minutes each day (or whenever possible) to reflect on and write down the things you're grateful for.
- 2 Focus on the positive aspects of your work and life, no matter how small they may seem.
- 3 Keep a dedicated journal for your gratitude entries.



Positive Visualization

- 1 Find a quiet space to sit or stand comfortably.
- 2 Close your eyes and visualize a scenario where you successfully navigate a challenging situation.
- 3 Engage all your senses to make the visualization as vivid as possible.
- 4 Imagine the satisfaction and confidence you'd feel in that moment.

Tips for Incorporation

- Incorporate [positive affirmations](#) into your daily routine, such as during your morning or lunch break. There are lots of resources for affirmation online, including [card decks](#); try a few until you find the right one that inspires you.
- Experiment with different gratitude journaling prompts to keep your practice fresh and inspiring (prompts can easily be found online).
- Incorporate positive visualization exercises into your daily routine to reinforce resilience.

Additional Resources

For more stress-relieving tips and information, check out “[The Resilience Factor](#)” by Karen Reivich and Andrew Shatte and “[The Happiness Advantage](#)” by Shawn Achor.

CONCLUSION

Resilience is not about avoiding challenges but developing the inner strength to face them head-on. By practicing positive affirmations and gratitude and visualizing your ability to overcome challenges, you can build your resilience and become better equipped to navigate the complexities of your role as an election official.