



# SNS COLLEGE OF TECHNOLOGY

Coimbatore - 35



## 23BAE715 – Workplace Modernization and Advancement

### Unit IV – Building Resilience in Times of Change



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Redesigning Common Mind & Business Towards Excellence

		
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Build an Entrepreneurial Mindset Through Our Design Thinking Framework



# Guess The Topic

Building Resilience in Times of Change





# Recap

Balancing Work-Life Integration







# Building Resilience in Times of Change

Resilience is the ability to adapt and bounce back from challenges. This presentation explores strategies to build resilience in times of change.







# Understanding Resilience: What It Is and Why It Matters

Resilience is like a strong tree with deep roots, capable of weathering storms. It empowers us to face difficulties and emerge stronger.

## Adaptability



## Flexibility



## Problem-Solving



## Emotional Regulation







# Common Challenges During Times of Change

Change often brings uncertainty, which can lead to stress and anxiety. It's important to acknowledge these challenges and develop strategies to navigate them.

1

Loss of Control



2

Fear of the Unknown



3

Stress and Burnout



4

Disruptions to Routine







# Developing a Resilient Mindset

A resilient mindset is a mental framework that allows us to view challenges as opportunities for growth and development.

1

Positive Self-Talk



2

Growth Mindset



3

Acceptance and  
Adaptability



4

Meaning and Purpose





# Cultivating Healthy Coping Mechanisms

Healthy coping mechanisms help us manage stress and maintain emotional well-being during times of change.

1

## Mindfulness and Meditation

Focusing on the present moment and calming the mind.

2

## Physical Activity

Engaging in exercise and other physical activities to reduce stress.

3

## Creative Expression

Utilizing art, music, or writing to process emotions and foster creativity.

4

## Social Connection

Connecting with loved ones and supportive friends.







# Leveraging Social Support Systems

Strong social connections provide emotional support, encouragement, and practical assistance during times of difficulty.

## Friends and Family

Seek out loved ones who offer empathy and understanding.

## Support Groups

Connect with others who are experiencing similar challenges.

## Mentors and Coaches

Find individuals who can provide guidance and support.





# Reference

For further exploration of resilience and coping strategies, consult the following resources:

- American Psychological Association:  
<https://www.apa.org/topics/resilience>
- The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/resilience/art-20046304>







# Thank you

Thank you for your time and interest in building resilience.  
We hope this presentation has provided valuable insights.

