

Adaptability & Resilience

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At this time, everyone is facing stress and challenges due to impacts from all sides. We cannot change these conditions. In a situation that cannot be changed, we need to be able to adapt and be resilient. Let me share some good ways to live like this. First, let me share a good way to improve mental health.

To be healthy and happy in everyday life;

- Take care of your body and mind.
- Be careful to keep your mind in the present.
- Meditate to be mindful
- Feel in touch with nature
- Get enough sleep
- Eat a balanced diet to keep your body healthy
- Don't forget to drink water
- Do physical exercise
- Don't follow information
- Quality time with your family and friend

These methods are to be followed in daily life. These release positive hormones from the body and reduce stress. So that you can create a happy and peaceful life with less stress. If you follow these methods in your daily life, you will become adaptability and resilience in your life.

The second thing is to develop and be resilient in the workplace. We can reflect and learn from our work experience. Some of the best practices for building resilience in the work place.

- Be optimistic. Most people usually focus on the negative aspects of any situation.
- Plan and prepare your work.
- Consider challenges as opportunities.
- Follow a healthy schedule.
- Improve your work relations.
- When you know one of your weaknesses, consider it an advantage.

While adaptability involves changing to manage under new conditions resilience, through ‘bouncing back’, implies the ability to revert to a previous, more positive state, after experiencing some difficulty or challenge.

In time of change, resilience and adaptability are key. These qualities help us navigate difficult situations.

In mentoring, we help our mentees achieve their goals, performance, action and mentally improvement. Mentors can also work to give them the mental resilience to over the challenges.

In my mentoring journey, I also get a lot of benefits. What I get is communication skills, coaching skills, leadership and learn different new experiences from my mentee. It’s true that some new experiences have significantly improved my skills. When I meet mentees, I discover the hidden talents of my mentees and work together towards their desired goals. By doing this, the mentor and mentee develop closeness and trust as they collaborate with them, and the relationship is strengthened. I always appreciate their progress in every meeting. Because I had to learn the skills they asked for in advance, my skills improved even more. Sometime the experiences of each other, we exchange ideas, we get new perspectives and new experiences. For mentees, they need to meet a suitable mentor.

Team resilience is the ability of a team to recover from setbacks, adapt to changes, and cope with stress. Mentoring can increase team resilience in several ways. First, mentoring can help mentee develop a growth mindset, where they see challenges as opportunities to learn and improve, rather than as threats or failures. Second, mentoring can help mentee build confidence and self-efficacy, where they believe in their own abilities and potential, and we willing to take on new tasks and responsibilities. Third, mentoring can help team members cultivate emotional intelligence, where they can understand and manage their own and others’ emotions, and empathize and communicate effectively with their teammates.