

Find the **OPPORTUNITY**

Let's face it, in the moment of a challenging situation, the very last thing you feel is opportunity.

What research shows is that in that moment, don't talk your way out of it, don't "suck it up." Truly embrace the situation and allow yourself to experience the emotions.

Evidence-based ways challenge makes you stronger:

Challenging moments encourage empathy.

Living and leading with empathy is more important now than ever. Empathy is the ability to identify with the challenges other people face and see them from their perspective.

Opportunity: In your moment of challenge, seek the opportunity to embrace the feelings you are facing. This will leave you better equipped if you encounter this challenge again.

Challenging moments build self-efficacy.

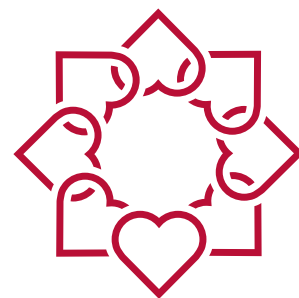
Self-efficacy is the belief and confidence in yourself to overcome obstacles.

Opportunity: Be your biggest cheerleader. Give yourself praise while you are in the situation as well as when you are out of it. Allow for deep reflection on what you have overcome and let that be your opportunity for growth.

Challenging moments help you reframe stress.

How you think about stress matters tremendously in how you process it. During deep stress, when your world feels out of control, persevere. We can't control stress; we can just control how we react. Resilience isn't always pretty. Sometimes it is about walking through the mud.

Opportunity: Find ways to acknowledge what is in your control and what is out of your control. Focus on how you are internalizing the stress and find a way to reframe it that helps make it more manageable. This is the opportunity for reframing.



**The
Solutions
Group**