

How to Stay Sane, Resilient, and Positive

In Uncertain Times



STELLA
GRIZONT

Positive Psychology Expert

Executive Coach

Speaker

Author

Featured in:

MSNBC



Forbes



npr



RECAP

How to Stay Sane, Resilient, and Positive in Uncertain Times

Set backs, uncertainty, and change are inevitable but they don't have to keep you down. Even when things feel chaotic, the new good news is that each of us has more control than we think. By using simple evidence-based techniques, you can bolster your mood and set yourself up for success no matter what comes your way or who you're dealing with.

1. When you're ruminating about what can go wrong, **focus on what is true, right now:**

- ▶ "I'm healthy, my family loves me, and I have a job."
- ▶ Pay attention to how you feel afterward to reinforce how good it is to stay present.

2. When you're feeling bad, **label it.**

- ▶ Labeling your specific emotion helps it dissolve faster. [Here is a wheel of emotions](#) to help you.
- ▶ Plus it supports you in identifying a better action plan.
- ▶ For example: "I feel lonely," is more specific than, "I feel stressed" and it can direct you to reconnect with a friend and experience relief.

3. When you're judging yourself for not having it together, **practice self compassion.**

- ▶ Remind yourself: "This is new. Of course it's difficult. Of course I'm feeling _____. I'm learning more and more each day how to better manage through this. It's the situation that's challenging, not me."

4. When things feel out of control, **celebrate your small wins.**

- ▶ By appreciating everything that you're doing, you amplify your sense of control and achievement despite really hard circumstances.
- ▶ Small wins should reflect your taking action on what's important to you. They can be as simple as: taking a walk, calling a friend, waking up early.

5. When your thoughts are negative, **reframe the situation with a playful mindset.**

- ▶ Instead of "I have to," switch to, "I get to."
- ▶ Instead of "this sucks," switch to, "I wonder how I'll be surprised."
- ▶ Instead of "I'm stressed," switch to, "Fortunately, I'm..."

6. To elevate your mood, **practice gratitude.**

- ▶ Studies show that by writing down three things you're grateful for each day for six weeks you can reverse signs of depression, improve life satisfaction, and even diminish some aches and pains.
- ▶ And remember, even if you're not in the mood for gratitude, it's okay to fake it your way into it. Noticing what is good and not just what is wrong is a skill that develops with practice.



STELLA GRIZONT

Biography

Time Magazine named Stella Grizont a leading happiness expert. As a speaker and executive coach, Stella works with leaders who are seeking deeper career fulfillment and with organizations that are dedicated to elevating the well-being and engagement of their employees. Her debut book based on her signature coaching program, ***The Work Happiness Method: Master the 8 Skills to Career Fulfillment (Hachette Go)***, was an instant USA Today Bestseller.

In the last 17 years, Stella has coached over 1,800 individuals in over 30 countries. Some of Stella's corporate clients include Google, Johnson & Johnson, VMWare, and Genentech. Her unique approach to being happier and more engaged on the job has been featured on MSNBC, The Today Show, and Vanity Fair.

Stella was one of the first 150 people in the world to earn a master's in Applied Positive Psychology (aka the science of happiness) from the University of Pennsylvania. She holds a Bachelor's in Economics from Barnard College, Columbia University.

She lives in New Jersey with her husband, daughter, and son, who continue to teach her what life is all about.

CONTACT:

Email: stella@stellagrizont.com

Speaking inquiries: stellagrizont.com/speaking

Coaching interest: stellagrizont.com/coaching

Instagram: [instagram.com/stellagrizont](https://www.instagram.com/stellagrizont)

LinkedIn: [linkedin.com/in/stellagrizont](https://www.linkedin.com/in/stellagrizont)