



7 STRATEGIES TO BUILD UNSHAKABLE RESILIENCE



JAY ABBASI
ACCELERATE YOUR EVOLUTION

About Jay And The Conscious Professional

■ Back in 2014, Jay's father passed away suddenly, and he knew his life would never be the same. He invested so much time learning about mindset, mindfulness, and habit building so he could work through the grief and design the life and career he always wanted.



■ He then decided to leave a cushy finance job and joined Tesla, where he got promoted 6 times in under 4 years, working his way up to running National Training Programs responsible for the training and coaching of nearly 1,000 employees nationwide. This was his dream corporate job!

■ Jay left Tesla to share the strategies that he learned to help professionals thrive in high-demand, ever-changing work environments. Now, Jay has trained thousands on how to build resilience and perform better, without the pitfalls of stress, anxiety, or burnout.

■ Within the last few years, Jay has worked with leaders at organizations such as Google, Amazon, IBM, TikTok, Johnson & Johnson, RBC, and many more. He's also been featured in Medium, Forbes Founder, Authority Magazine, and TEDx, and hosts the top-rated podcast, "Unstuck with Jay Abbasi".

TRUSTED BY LEADERS AT



"Jay's recent session with our Global Corporate Affairs team on embracing calculated risk was truly inspirational. His ability to connect with the audience and understand their fears and challenges set the stage for an impactful program. Participants walked away empowered, equipped with the confidence, tools, and knowledge to assess risk safely and drive transformational impact. I highly recommend Jay for your speaking engagement!"

- Michele Guerro, Global Corporate Affairs, Johnson & Johnson

"Jay brings a humble human approach to all interactions and took the time to understand the need and the audience. His delivery was spot on and the audience was fully engaged and gained much value from his content. A natural story teller with great stage presence and energy coupled with practical, digestible content - Jay and his message on conscious leadership was extremely well received."

- Dr. Rasheed Joseph-Young, Director of Leadership Development, RBC Royal Bank of Canada

"Jay is a dynamite speaker who shares his expertise and passion with the audience. His stories are relatable and align with education that is easy for those listening to implement and take action! Having Jay Abbasi on your stage will make your event memorable!!"

- Heidi Dunstan, Event Manager, Blu Talks

AS SEEN ON



1. Detach From Outcomes

In the professional world, you hear the word “results” all the time, don’t you?

There are targets, deadlines, and achievements that everyone is striving for.

While it’s important that you have a clear goal in mind, attachment to the achievement of a goal oftentimes is the reason professionals burn out.

A study done from 1976 through 2003 consisting of 12,000 participants proved this point.

Individuals who believed that achieving their goals will make them happy showed lower life satisfaction and increased mental health disorders than those who didn’t.

The problem was not that the individuals were pursuing goals.

The problem was that they invested their happiness, worth, or identity into achieving their goals.

So the solution is to detach from the outcomes.

It is to cultivate happiness from within so that the outcomes carry no weight on one’s overall wellbeing.

You can pursue work goals vigorously by engaging fully, being present, and giving it your all, without needing the outcome to go a certain way in order to feel satisfied.



2. Move Your Body

We've all been there.

Hours have passed and you haven't moved from your chair because of all of the meetings, emails, and messages.

Human beings are not meant to sit idle for hours without any physical movement.

You might be thinking...

"Well if everyone exercises before or after work, that'll be enough."

The research suggests otherwise.

A 2013 study reported in Sports Sciences For Health found that employees who sat for over six hours a day showed significantly higher levels of anxiety and depression compared to those who sat for fewer than three hours.

Importantly, these effects persisted even if participants engaged in regular physical exercise outside of work, emphasizing that sitting for long periods during the day is a separate risk factor for mental health.

Therefore, incorporating physical movement throughout the day is a necessary component to ensure wellbeing and optimize performance.



3. Make Time For Stillness

“You just told me to move my body, now you want me to be still?”

Hmm, good point, but allow me to explain.

While your physical body needs movement in order to be healthy, your mind doesn't need to be in constant motion.

Here are some crazy stats.

On average, a human being has approximately 6,000 thoughts a day.

According to the National Science Foundation, 4 out of every 5 thoughts are negative. Even worse, 95% of our thoughts are repetitive.

So what happens when a person is repeating the same negative thoughts in their head over and over again throughout the day?

You guessed it. They struggle, they get stuck, and their performance is hindered.

Committing to a practice such as mindfulness meditation, yoga, or similar vehicles that offer a person the ability to practice being still has proven to reduce anxiety, increase focus, and improve overall wellbeing.





4. Take Nothing Personally

“*Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.*”

~ Don Miguel Ruiz

Imagine this scenario.

A man is upset at a co-worker who rejected his ideas in a team meeting. The man decides to buy a poison pill to get back at the co-worker.

At work the next day, the man finds the co-worker, confronts her, waves the poison pill in her face and says...

“Either you change, or I'm going to put this poison pill in my mouth and swallow it!”

That's crazy, right?

Well, aren't you doing the same thing when you take things personally?

This is one of the most common issues I see with professionals. They take everything personally.

I get it. Something doesn't go your way, or someone says something that triggers you, and you get upset.

But where is the problem?

The problem is within YOU.

Because YOU took it personally, you're flooding yourself with disruptive thoughts and emotions.

This isn't to say that one shouldn't attempt to improve communication and employee relations.

The problem is, when you don't take responsibility for the thoughts and feelings that are arising with you, you point to the outside world, and say "they need fixing!"

This only exacerbates the issue and negatively effects your performance, wellbeing, and relationships.

Another way of saying this is...to stop playing the role of victim.

If someone does something that is triggering, remember that they have their own stuff going on.

It has nothing to do with you. So don't take any of it personally.



5. Connect At A Human Level

When you go out to eat a restaurant, what do you see?

People sitting at dinner tables...staring at their phones. You'll see children mesmerized by their tablets, and couples choosing to scroll their feeds rather than have a real conversation.

This is a PROBLEM in our society!

In the workplace, leaders have an opportunity to create genuine human connection which not only results in happier employees, but more productive ones as well.

Can I quote a fancy study with data that supports my argument?

Of course I could, but for this one, I won't.

Why?

Because you KNOW this to be true from your own experience!

When you feel connected, I mean genuinely connected, to the people you work with, incredible things happen. You care more about your work, you feel more excited about what you're doing, and those relationships make for a healthier, more productive environment.

Florida Solar Energy Industries Association



6. Tap Into Creativity

When do your best ideas come to you?

The shower? When you're out for a bike ride?
When you're on an airplane?

There are neurological and psychological explanations as to why this happens.

When we're relaxed, our brains are better able to tap into creative thinking. For example, showering is a low-demand activity that puts us in a relaxed state, lowering stress and anxiety.

This relaxation allows the brain to enter a "flow state," where cognitive processes like divergent thinking (the type of thinking responsible for creative ideas) are more accessible.

Studies in psychology suggest that when we're not focused on direct problem-solving, the brain is more likely to make connections between seemingly unrelated ideas.

Neurologically, the Default Mode Network, or DMN, becomes more active during restful, non-task-focused activities.

The DMN allows the brain to wander and form novel connections, which is why people often experience "aha" moments during these activities. Research indicates that these periods of mental rest are crucial for creative insight and problem-solving.





So do you want your team to unlock their potential, solve complex problems, and do so without feeling overworked?

Then prioritize time away from solving problems to get the creative juices flowing!

I remember one of the best 'aha' moments at my time at Tesla was when one of my colleagues and I were sitting at the offices in Fremont, CA after everyone went home.

Since no one was there, we weren't focused on work, and felt no demand to have to run to the next meeting. In that 20 minutes of just sitting there and chatting, we came up with incredible new ideas of how to deliver training that ended up being a huge success.

So be a champion for times of rest away from problem-solving, and you'll be surprised at how your team responds with creative solutions.

Creativity has been linked to higher levels of employee engagement and innovation. A meta-analysis of positive psychology interventions revealed that happy and engaged employees, who often engage in creative problem-solving, are more productive, exhibit better performance, and have lower absenteeism.

7. Practice Self-Compassion

Imagine this scenario:

You're at a playground with a child that you really care about (could be your child, a nephew, a grandchild, etc.).

The child runs over to you crying.

What would you do? Would you dismiss the child? Would you argue with the child? Would you get the child more riled up?

Or...would you hug the child? Would you be curious and ask the child questions to learn what's wrong?

If you're reading this, you're someone who's clearly self-aware, and I can assume you'd give this child a big hug.

You'd do this for the child...***then why don't you do this for yourself?***

One of the most common issues I see with professionals who get stuck and are struggling at work is that they are so hard on themselves. Therefore, I couldn't make a list of how to build resilience without highlighting the need to practice self-compassion.

Notice that I'm referring to it as a **practice**.

This means it needs to be repeated over and over again to build up the muscle within oneself.





NOW GO BUILD UNSHAKABLE RESILIENCE!

- Just a reminder...you're awesome. How do I know? You've taken the time to read through this with the intent to better yourself and your team. That says something.
- And if you're looking for a keynote speaker to help your team be more resilient while prioritizing their wellbeing, schedule a free 15-minute call with me by going [here](#).

[HERE'S THAT LINK AGAIN](#)