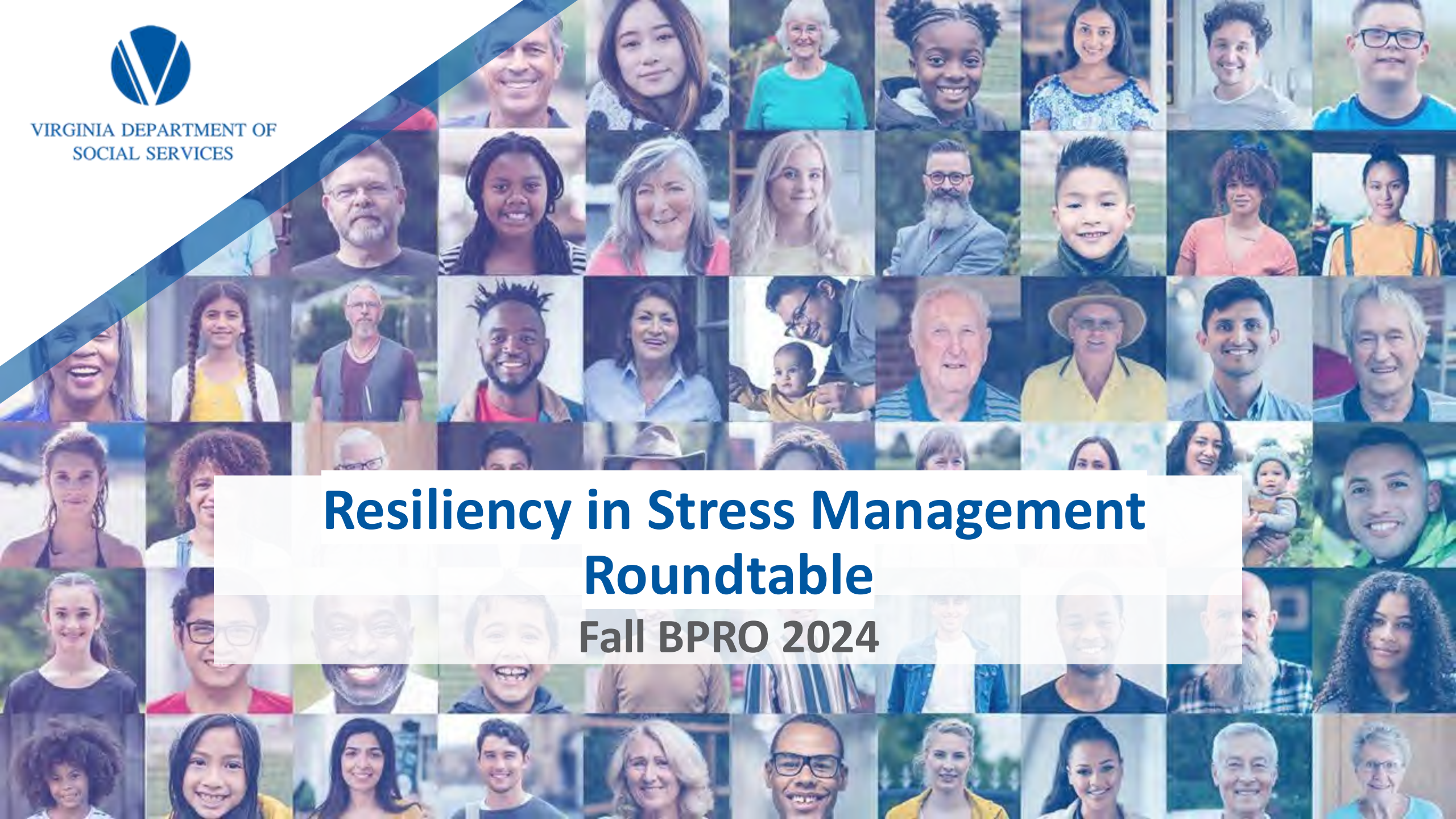




VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



Resiliency in Stress Management Roundtable

Fall BPRO 2024

Presenter

Monique Majeus

**Senior Economic Assistance and Employment
Consultant/TANF**



Mr. and Mrs. Hernandez – September 21, 2024



Welcome

Been there, done that and still doing it!
Let's have a candid conversation.

People have different ideas about what stress is, where it comes from and what it looks like. The truth is that we are all facing stress of some sort, whether finances, everyday life struggles or the day-to-day stresses of handling our jobs. Having been a Benefits Worker, Senior Benefits Worker, Benefits Supervisor, Business Analyst for the VaCMS system project and TANF/VIEW Home Office Program Consultant, I have seen and experienced a lot, but I also know that this too shall pass by successfully learning what works for you. Let's talk about it.



RESILIENCE



**FLEXIBILITY INTO
PLANNING**



**WITHSTAND
SHOCK**



**ADAPT TO
CHANGE**



**PURSUE YOUR
GOAL**



**ANTICIPATE
RISK**



**PROTECT WEAK
SPOTS**

Flexibility in Planning

**WHAT IS
FLEXIBLE
PLANNING**



Withstanding Shock



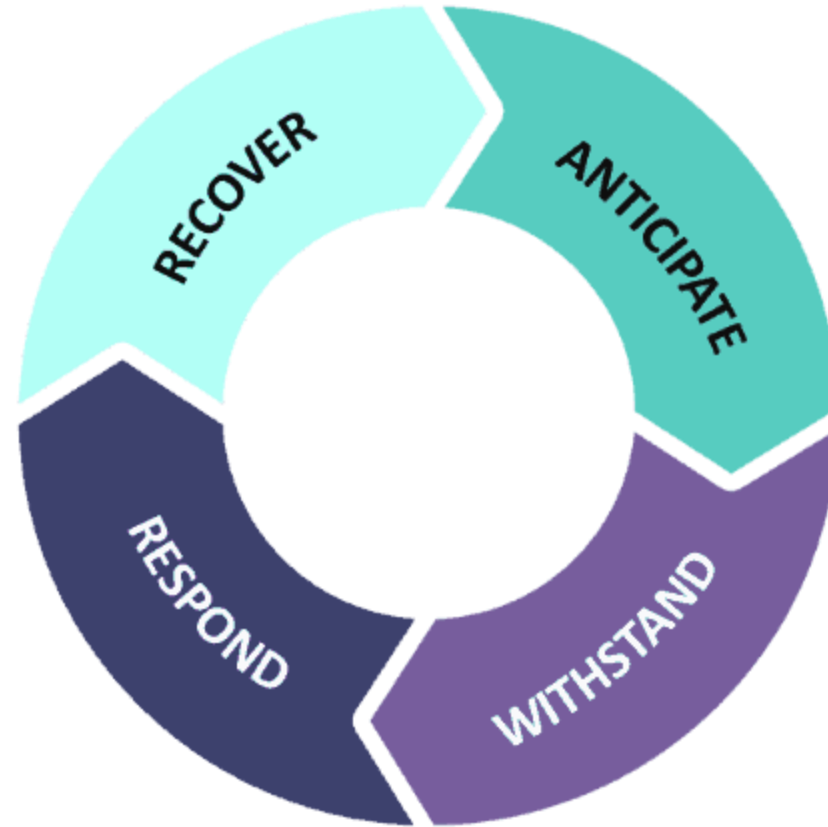
How do you Adapt to Change?



Tips for Pursuing Goals



Anticipate Risk



Protect Weak Spots



RESILIENCE



STRENGTH



CONFIDENCE



MOTIVATE



PROTECTING SELF



EFFORT



CHANGE



AGILITY

Strength



Confidence



Motivate



Protecting Self



Effort



Change



Agility



QUESTIONS



Thank You!

