

Elastic Bands



- When an elastic band is relaxed, it can be stretched further – as early people discovered when they invented catapults and bows and arrows. When a band is almost at breaking point, then the lightest pull can cause it to snap. Emotional elasticity works in much the same way.
- Many of the people we work with each day are so stretched and fragile, that the slightest events can trigger strong emotional reactions. Usually these are a sign of other stresses, but we're the ones on the receiving end – perhaps because they feel safe with us.
- We can't control other people's emotions, but it's good to keep ourselves as elastic as possible. Take stock and see if you're trying to bear more stress than your rubber band can handle. Sleep and play and exercise all give us greater resilience. Is there something you can build in to your week, that will keep your elastic band nice and stretchy?
- Some people find that it helps to wear an elastic band on their wrist and ping it when they're feeling stressed, as a reminder to look after their mental health.