

# FIRSTBEAT HRV SUMMIT

## 3 SURPRISING THINGS I'VE LEARNT ABOUT RESILIENCE

# WHAT SURPRISED ME

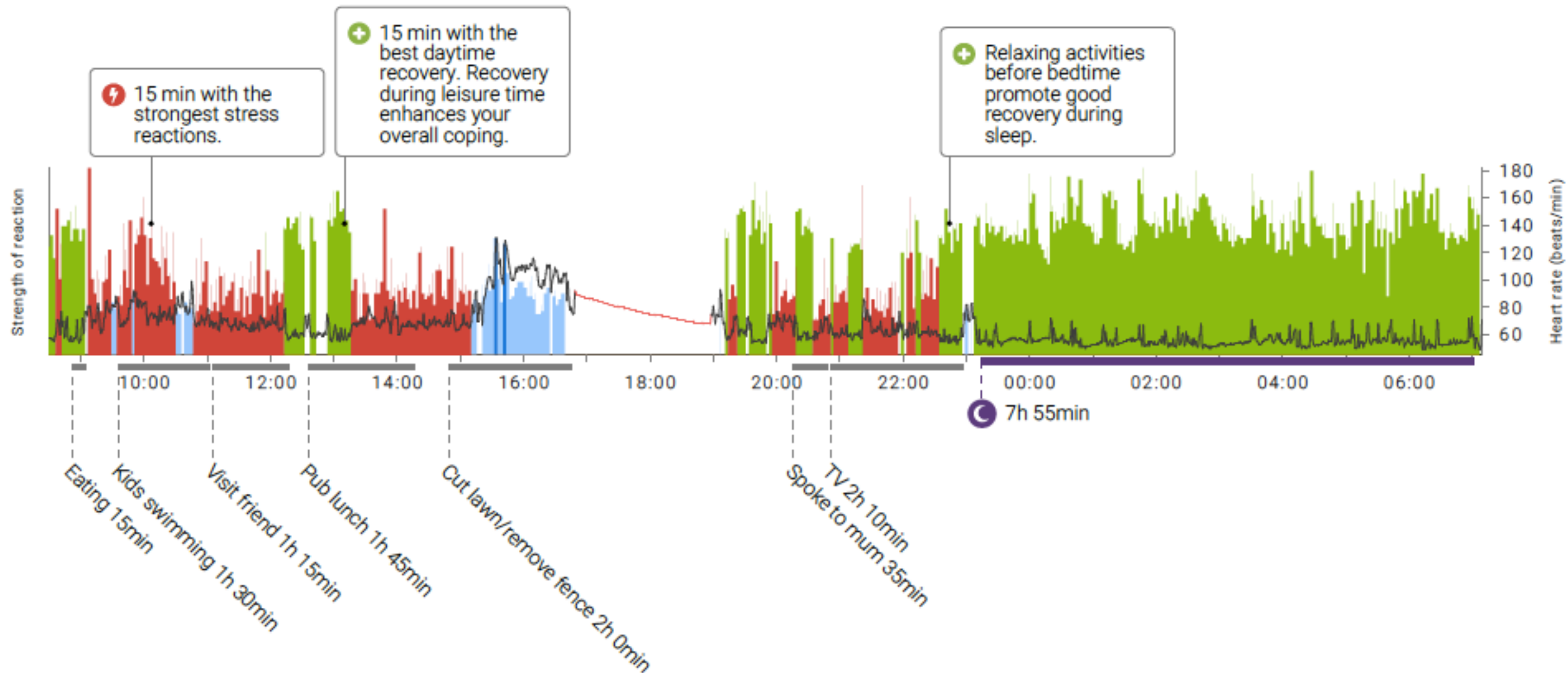
- 1. One person's stress is another person's recovery**
- 2. Life is more stressful than work**
- 3. Senior leaders are not more stressed**

# INSIGHT #1

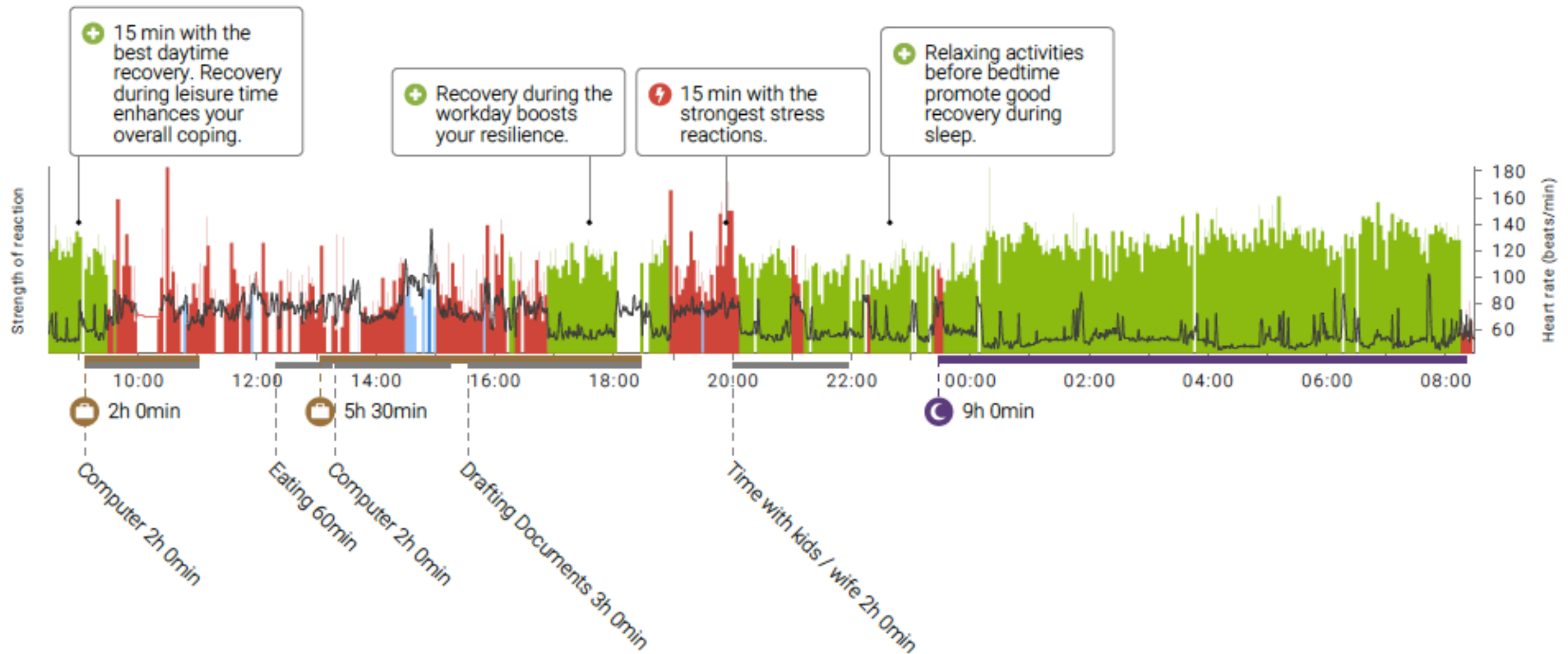
One person's stress is another person's recovery



# Family time stress



# Family time recovery



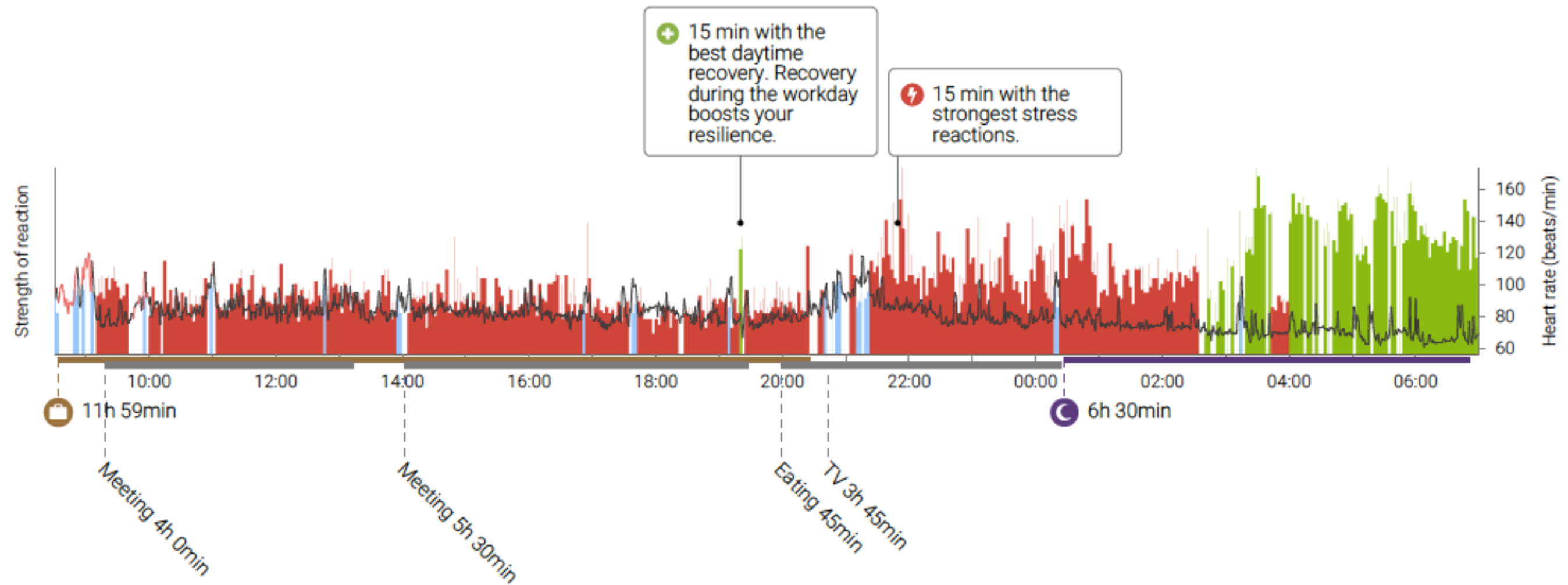


## INSIGHT #2

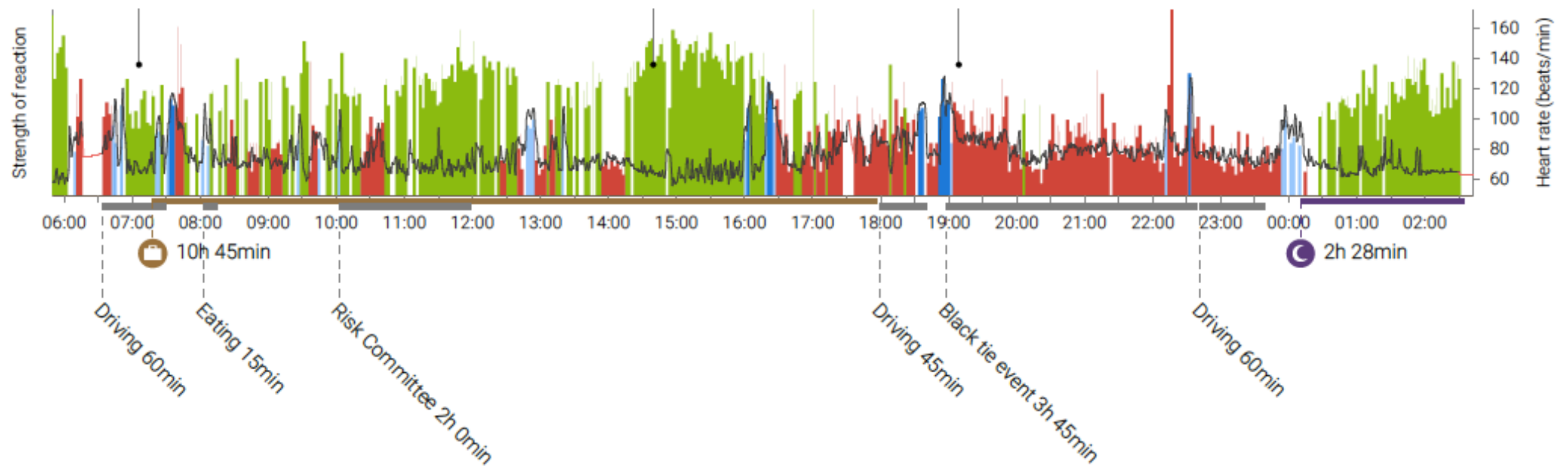
**Life is more stressful than work**



# Peak stress after work



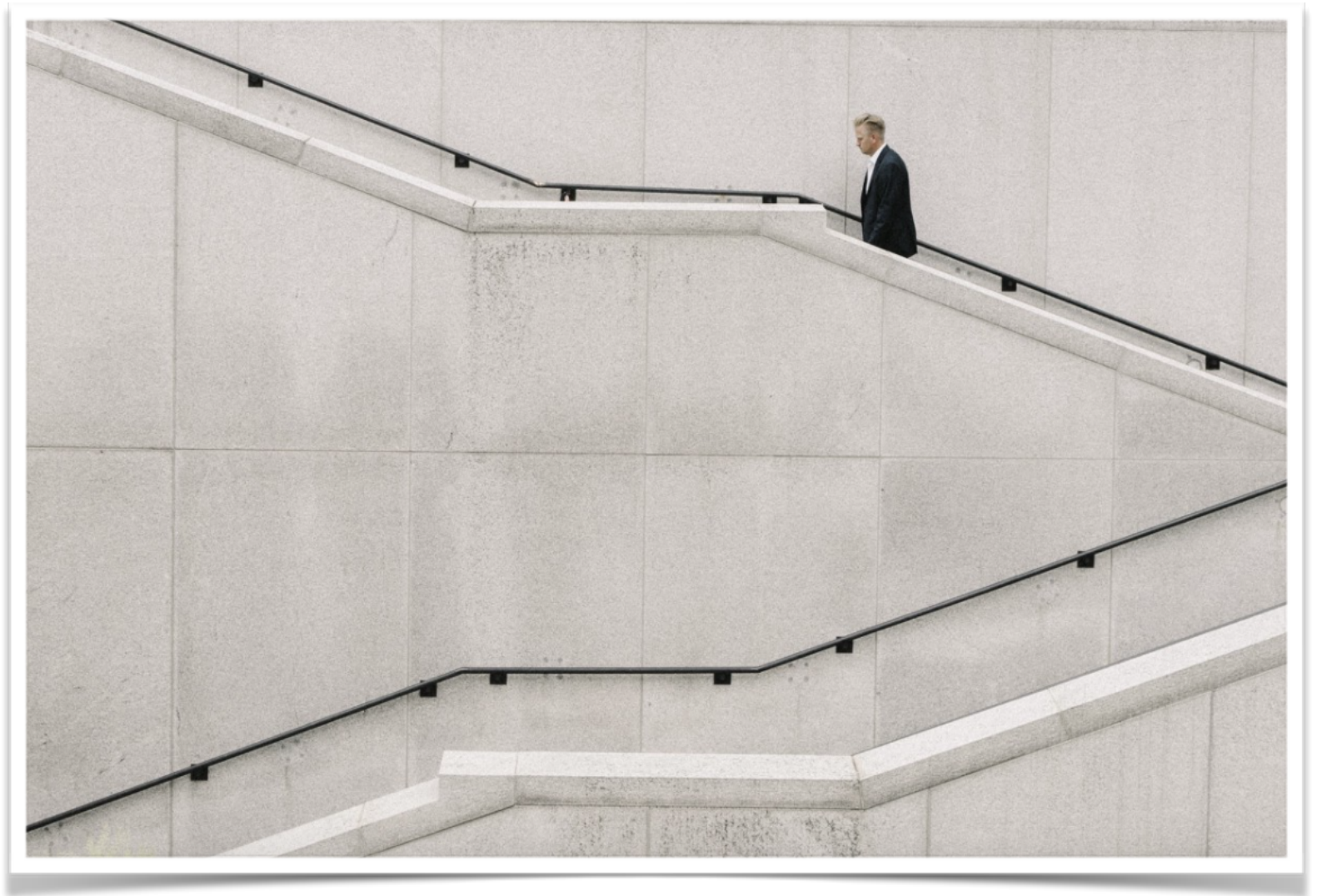
# Recovery at work



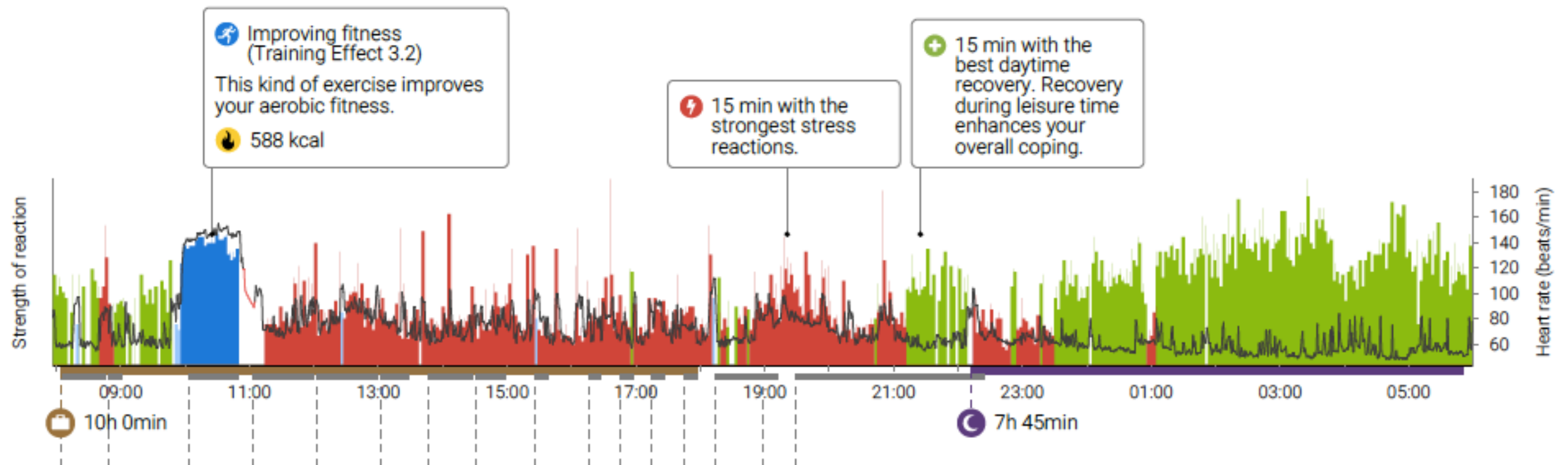


## INSIGHT #3

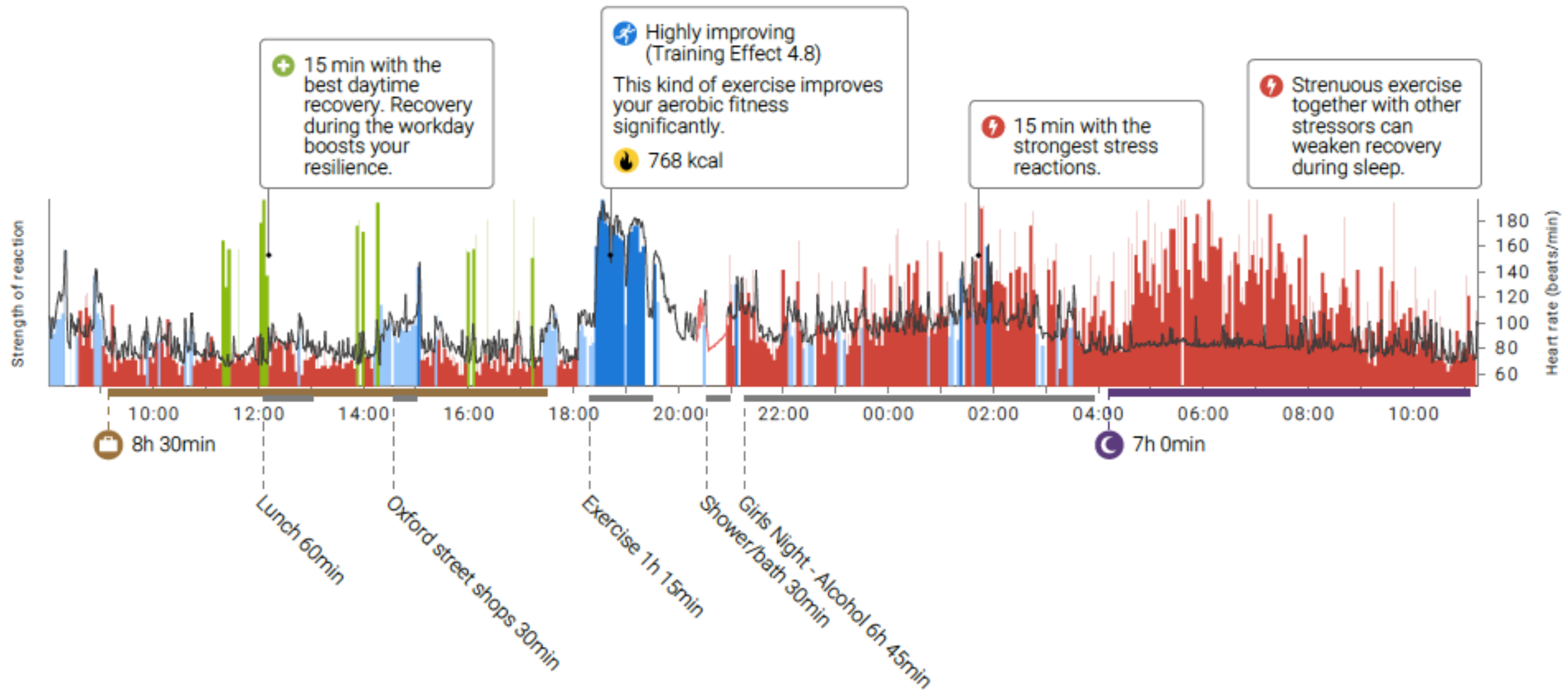
# Senior leaders are not more stressed



# Senior executive



# Junior manager







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