Sisu

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In moments of extreme stress and adversities, it is often difficult to cope up. The interview *“Are You Tougher Than You Think?”* with Emilia Lahti describes the psychology behind the phenomenon called “Sisu.” This term is defined as the capability to induce short-term extraordinary strength and courage against overcoming tough obstacles and difficult gaps to help someone overcome certain challenges. She believes that every human has the tendency to deal with significant adversities and challenges while taking one step at a time while implementing one of the five suggestions she listed. However, for this discussion, I would pick “reaching out to others” suggestion for developing my capacity to tap into Sisu during work. I have often noticed myself that during extreme stress and time of anxiety, being close to someone or sharing things often leave to feeling relaxed and peaceful. This is the same thing which Emilia talks about in her article.

Access to useful resources and social support can help me reach out to others. I often struggle at work while accomplishing certain tasks which otherwise seem difficult to achieve. However, cultivating this action helps me gain power and take other people in the loop so that their courage and strength can be reflected at me through their eyes. The way I would work to build the capacity to achieve this task would be to follow some steps. The first step would be coming out of my comfort zone or insecurity and befriending my colleagues. The second step would be in assessing all my tasks and prioritizing them accordingly so that stress can be distributed equally. Third would be to make an influence which would leave a positive impact on my colleagues and me so that the same strength can be reflected at me. These steps would significantly help me, and I would be able to endure pressure and stress while implementing Sisu.

**References**

*Are You Tougher Than You Think?*. (2019). *Psychology Today*. Retrieved 10 March 2019, from <https://www.psychologytoday.com/intl/blog/functioning-flourishing/201801/are-you-tougher-you-think>