



7 Ways to Build your Resilience

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Hello

Now I don't know about you, but my personal resilience depends a lot on how much sleep I had the night before. But that's just me. However there is quite a lot known about what makes people resilient, and what you can do to increase your resilience.

What is resilience?

Resilience is the ability to bounce back from adverse experiences. Or one could say it is about responding well in the face of adversity, which could be trauma, tragedy, threats, and other very stressful events. Resilience is not the absence of setbacks; it is dealing well with setbacks.

Folks who lack resilience become overwhelmed by stressful situations. They may dwell on their problems. They may feel and act stuck. They don't see a way out - well not a healthy way out anyway. They resort to unhealthy habits to cope. They may recover very slowly from distress, or not at all. Folks who are resilient do life better. They are healthier and less susceptible to illness, both physical and mental. They are more successful. The ability to deal with change effectively depends on your resilience levels. Your ability to try out and succeed in new ventures depends on your resilience.

Increase your resilience

The good news is that almost everyone can boost their resilience. So what are some of the ways in which you can do just that?

1. **Relationships:** Strong and positive relationships with loved ones and friends provide you with acceptance and needed support at difficult times. Simply talking with a friend allows you to share your situation and feelings, gain support, receive positive feedback, and come up with possible solutions to your problems.
2. **Self-care.** Make sure you are not neglecting your own needs, both physically and emotionally. Take part in activities you enjoy. Remain physically fit, eat well, get enough sleep, and practice stress management and relaxation techniques. Practice nurturing yourself when you are troubled as this is often when our self-care is neglected.
3. **Confidence:** Know your strengths and talents. Remind yourself of your accomplishments and challenges you have already dealt with. Recognize all the personal qualities you have within you that have helped you in the past and will help you get through this challenge.
4. **Optimism:** Reframe your thinking to stop seeing only the bad and the loss, and see the good and the opportunities. See yourself as a survivor not a victim. The same people in the same situation can choose to think of themselves in either way. A victim mentality drags you down. A survivor mentality allows you to call on your strengths. Look at the new opportunities in the situation rather than focusing on what you have lost. Understand that your situation is transient, not permanent. Your problems are not insurmountable, although it may look that way to you.



5. **Purpose:** Folks with a purpose and meaning in their lives are better at dealing with distressing and disruptive events. Find and do something that gives you a sense of meaning and accomplishment. Have a purpose in your life.
6. **Problem-solving skills:** Many people who battle to cope with life's challenges are poor at solving problems. And problem-solving can be improved with practice. This is one of the reasons why "rescuing others" is not always a good thing. You deprive them of learning to solve problems. Practice coming up with solutions to challenges, even if they are challenges you invent. Consider a range of different scenarios. How would you respond if that event were to happen? Through practicing your problem-solving skills on a regular basis you will be better prepared to deal with a serious challenge.
7. **Goals and action:** Set goals that will move you forward and out of the difficult situation. Develop realistic goals. Ask yourself, "What is the one thing I can do today that will help me move in the direction I want to go?" It may take time (and a lot of work) to recover from a big setback, but make a plan and start taking some action. Your situation can and will improve if you actively work at it.

Developing resilience does not take place according to a set formula. Although the above points are shown to improve resilience, building resilience is a personal journey. You need to identify the ways that work for you. If you do find yourself in a situation where you are really battling, then seek professional help.

Coaching Exercise:

Part of developing a plan to improve your resilience means understanding more about your own personal strategies that have or have not worked for you. Start by asking yourself these questions to gain more self-awareness.



- What kinds of situations have been the most stressful for me?
- How do I typically respond in such events?
- Who have I reached out to when I am distressed? Have these people helped me?
- What have I learned about myself in times of distress?
- What do I do well in times of stress?
- What do I not handle well in times of stress?
- What obstacles have I been able to deal with? How did I deal with them?
- What personal strengths do I have that help me deal with adversity?
- What is it that keeps me hopeful about the future no matter what happens to me?
- What three things could I do that would improve my resilience?

Have a wonderful July

Best wishes

Penny