

FINDING YOUR RESILIENCE

WHAT IS RESILIENCE?



Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, or other forms of trauma. It means "bouncing back" from difficult experiences.



Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.



Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.



Your journey should be guided by a plan, a strategy that you consider likely to work well for you.

7 WAYS TO BUILD RESILIENCE



Make Connections – Good relationships with close family members, friends or others are important.



Avoid seeing crises as insurmountable problems – Try looking beyond the present to how future circumstances may be better.



Accept that change is a part of living – Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.



Develop some realistic goals – Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals.



Nurture a positive view of yourself – Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.



Maintain a hopeful outlook – An optimistic outlook enables you to expect that good things will happen in your life.



Take care of yourself – Pay attention to your own needs and feelings.