



BUILDING RESILIENCE

We all experience ups and downs, but some people seem to cope so much better. How you cope in certain situations can indicate your level of *resilience*.

Resilient individuals:

- Have positive self-perceptions
- Have a high level of emotional intelligence and effectively manage their emotions
- Are aware of situations, their own reactions and the behaviour of others
- Understand and accept that life is full of challenges
- Believe that they have control over the outcome of their lives
- Identify as survivors, rather than victims
- Exhibit strong problem-solving skills
- Are skilled communicators
- Develop strong social supports
- Are able to ask for help¹

Our individual levels of resilience are determined by our personality traits and environmental factors²: nature vs nurture.

If you think you have poor resilience, it's never too late to change bad habits! The American Psychological Association provides a top ten list of changes that you can make today:

REACH OUT AND MAKE CONNECTIONS

Good relationships with close family members, friends or others are important. Assisting others in their time of need is also greatly rewarding.

AVOID SEEING CRISES AS INSURMOUNTABLE PROBLEMS

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.

ACCEPT THAT CHANGE IS A PART OF LIVING

Even if they're long-term goals, accepting circumstances that can't be changed can help you re-focus, and address circumstances that you can alter. Flexibility is a great attribute.

MOVE TOWARD YOUR GOALS

Develop some realistic goals, both short- and long-term. Even small achievements will set you in the right direction.

TAKE DECISIVE ACTIONS

Rather than detaching from problems and stresses and wishing they would just go away – ACT instead.

LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY

Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

NURTURE A POSITIVE VIEW OF YOURSELF

Develop confidence in your ability to solve problems and trust your instincts, these skills help to build resilience.

KEEP THINGS IN PERSPECTIVE, DON'T BLOW AN EVENT OUT OF PROPORTION

Try, though it's hard, to consider the stressful situation in a broader context and keep a long-term perspective.

MAINTAIN A HOPEFUL OUTLOOK

Easy to say, hard to practice. But as they say, practice makes perfect! An optimistic outlook enables you to expect that good things will happen in your life. Try visualising what you want, rather than worrying about what you fear.

TAKE CARE OF YOURSELF

Pay attention to your own needs and feelings. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

MORE
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