

Tips on how to build resilience

Resilience is the ability to spring back from and successfully adapt to adversity. Resilient people are often flexible in their thinking, endure difficulty with a realistic outlook and use the experience in self-empowering ways.

Resilience can be learned:

- **Make connections:**

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.

- **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 the future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

- **Accept that change is a part of living:**

Certain goals may no longer be attainable as a result of an adverse situation. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

- **Move towards your goals:**

Develop realistic goals. Do something regularly - even if it seems like a small accomplishment - that enables you to move towards your goals. Instead of focusing on tasks that seem unachievable ask yourself "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

- **Take decisive steps:**

Act on an adverse situation as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

- **Look for opportunities for self discovery:**

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle or loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality and a heightened appreciation of life.

- **Nurture a positive view of yourself:**

Developing confidence in your ability to solve problems and trusting your instincts, helps to build resilience.

- **Keep things in perspective:**

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

- **Maintain a hopeful outlook:**

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. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of you helps to keep your mind and body primed to deal with situations that require resilience.