

Fostering Resilience

Have you ever wondered why some people seem to roll with the punches in life while others get derailed? It could be that they have developed resilience – the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means “bouncing back” from difficult experiences.

The following are some strategies for building resilience.

- **Avoid seeing crises as insurmountable problems.** You can't change what has happened, but you can change your actions. Try looking ahead and recognizing that things will be better.
- **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on situations that you do have control over.
- **Move toward your goals.** Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. 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 actions.** Rather than detaching completely from problems or stressors, and wishing they would just go away, do something.
- **Nurture a positive view of yourself.** See yourself as capable, competent and able to solve problems. Avoid attributing setbacks to your own inadequacy and instead as something specific and temporary.
- **Keep things in perspective.** Try to consider the stressful situation in a broader context and keep a long- term perspective. You can transcend painful times by perceiving them as a temporary state.
- **Maintain a hopeful outlook.** A positive outlook allows you to envision that good things will happen in your life. Optimism can help blunt the impact of stress.
- **Look for opportunities for self-discovery.** You may find that you have grown personally as a result of your struggle and have a new appreciation for your relationships, your own sense of strength, your increased self-worth and your heightened sense of gratitude.
- **Take care of yourself.** Pay attention to your own needs and feelings and engage in activities that replenish you.



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