

9 WAYS TO BUILD RESILIENCE



MAKE CONNECTIONS



This is all about building or maintaining good relationships, whether that be with family, friends or others. Look to accept help and support from those who care about you. And why not look to be active in your community with goodwill or charity work, assisting others in their time of need can also make you feel great.

AVOID SEEING CRISES AS INSURMOUNTABLE PROBLEMS



You can't change the fact that highly stressful events happen, but you can change how you respond to them and the meaning you place on them. Try imagining how things may not be better in the future. Think about the subtle ways in which you might already feel better just by dealing with the difficult situation itself.

ACCEPT THAT CHANGE IS A PART OF LIVING



Things may not always go as planned. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

MOVE TOWARD YOUR GOALS



Firstly, develop realistic goals for yourself. Then simply take small (or big) actions regularly towards the goals. If it is a small accomplishment, pause and focus on the progress. What's one thing that you know you can accomplish today to help you move forward in the direction you want to go?

LOOK FOR OPPORTUNITIES FOR SELF DISCOVERY



People often learn something about themselves as a result of an experience that was not ideal e.g. loss or a hardship. Next time you have something happen that causes you to feel hurt or negativity I challenge you to look for your growth or blessing from that experience. Maybe you approach relationships differently now and value your time with loved ones? Whatever it is, there is always a gift in any situation.

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LOOK FOR WAYS TO LOVE & APPRECIATE YOURSELF MORE



Developing confidence in your ability to solve problems and trusting your instincts helps build resilience. Remember to practice the daily ritual of instilling your virtues as a part of your identity. Take 5 minutes each morning to repeat the virtue after the phrase "I am..." as when you do this it becomes a part of your identity e.g. "I am strong, I am loving. I am courageous." etc.

KEEP THINGS IN PERSPECTIVE



Think of every situation you face as just that a moment in time. Who knows how this moment in time may change the trajectory of your life. Keep a long term outlook on these moments and avoid blowing the situation out of proportion. Remember to ask yourself "what else could this mean?"

MAINTAIN HOPE



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. Where you focus on, you attract more of. Remember that life happens for you, not to you.

SELF CARE



Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience. Remember self care is so important. If you don't not take care of you first, how will you be able to take care of others?