

# Resilience

## DEVELOP YOUR RESILIENCE

We all experience adversity at some point in our lives. Resilient individuals commonly use adversity as an opportunity to grow and thrive; they look for meaning while facing the challenge, and experience personal growth as a result.

With increased resilience, you are better able to persevere under difficult situations, and you become much more adaptable when confronted by unpredictable challenges.

## Six Ways to Develop Your Resilience

1

### MAKE CONNECTIONS

Create and maintain supportive relationships with friends and family members. During times of hardship, resilient people can rely on these strong relationships for help and social support. Also consider getting involved in groups for activities that you enjoy (e.g. cycling, badminton or playing guitar).

2

### LEARN OPTIMISM

Resilient people are optimistic. They acknowledge the difficulties in adverse events, but pay more attention to the positive aspects. A resilient mindset holds the perception that bad things are temporary and can change for the better, so there is hope for the future. When you experience a setback and feel down about it, think of another way to interpret the situation, as that will affect how you feel.

3

### DEVELOP HEALTHY SELF-ESTEEM

Positive self-image and confidence help you manage difficulties and increase the level of control you have over your life. Think about your achievements and learn to recognise your strengths and accomplishments. Recalling your accomplishments will remind you of your strengths, and your strengths will help you cope with difficult times.

4

### LOOK FOR MEANING IN EXPERIENCES

Resilient people overcome adversity because they often find meaning in it. Do something (no matter how small) that gives you a sense of meaning and purpose.

5

### LEARN TO MANAGE STRONG FEELINGS

When we experience adversity, it is normal to feel strong negative emotions such as stress, frustration, anger, helplessness and a sense of uncertainty. The key is to manage these feelings effectively so they don't overwhelm you. Remain calm and don't let your negative feelings stop you from effectively dealing with situations. One way is to have a break and take some deep breaths before you do or say anything.

6

### LAUGH MORE

If you can find humour in the hardships you encounter, your stress and tension levels will feel more bearable and your hardship more manageable. Tell jokes, make people laugh and look for humour in everyday life.