

Why is Resilience Important?

Being resilient can help you manage stress and lower your chances of depression, it has also been proven to help people live longer. When you learn to take control of your life and prepare for the unexpected, you can be a more resilient person and live a happier, more purpose-filled life.

How to develop your resilience

You can increase your resilience by;

1. Coping with difficult emotions and situations
2. Engaging in resilient actions
3. Thinking resiliently
4. Maintaining resilience long-term

1. Coping with Difficult Situations

- **Manage your stress**

This will allow you to tackle difficulties with greater serenity and focused thinking. Try to make stress management a priority:

- Reprioritise commitments if you are overbooked.
- Take part in activities that help you to unwind.
- Engage in positive activities to reduce stress and increase your positive mood.

- **Meditate**

Meditating can help to clear your mind, lower stress, and feel more ready to face any challenges ahead of you. Studies show that just 10 minutes of meditation can help you feel as rested as one hour of sleep, as well as making you feel more relaxed and able to cope with problems.

- **Try yoga**

When you do yoga, you will strike challenging poses and learn to build strength and endurance in holding the poses; this builds up your ability to "stick with" challenging situations and stay calm and determined.

- **Cultivate your sense of humour**

Humour can help you to gain perspective during difficult times. Watch a comedy, read a funny book, spend time with people who are funny and learn to laugh at yourself.

- **Reach out for support**

A lack of social support may lead to decreased resilience. It is important to make time for relationships. Developing and maintaining strong relationships with your family and friends will allow you to have a reliable support network around you at all times.

2. Take Action to Promote Resilience

- **Be a person of action**

Being active and tackling your problems can help you to promote your ability to deal with tough situations.

- **Find your purpose in life**
Having goals and dreams can help to increase resiliency. Learn to recognise what gives you a sense of purpose in life. Set personal goals to match your values and write a list of what you want to accomplish in life.
- **Work towards your goals**
If you want to be a more resilient person you not only have to set goals, you have to work to achieve them. Making a plan to achieve your goals can help you to feel directed, focussed and driven. Make a goals list with timelines for what and when you want to achieve them.
- **Seek knowledge**
A resilient person tends to be more curious, excited about life and keen to learn more. A thirst for knowledge will help keep you excited about life: learn a foreign language, read books or newspapers and watch films.

3. Change Your Thoughts Towards Resilience

- **Develop a positive attitude**
Having positive thoughts leads to positive emotions, this can help to increase your overall resilience. An ability to be optimistic and to see setbacks as isolated incidents will help you to succeed in the future:
 - If you think or feel negative about something, try to think of three positive thoughts to offset the negative thoughts.
 - Spend time with positive thinking people.
 - Avoid catastrophizing and try to think of an alternative or more positive outcome.
 - Focus on past successes.
- **Embrace Change**
One main aspect of being more resilient is learning to deal with and accept change. If you view the changes in your life as challenges instead of threats, this will help you to be much more equipped to deal with them.
Learning to adapt to new situations will help you find creative solutions to new problems and to face adversity with relative calm and ease:
 - Always try new things: make new friends, try a new class. Keeping things fresh can help you be less resistant to change.
 - View change as an opportunity to grow, adapt and transform.
- **Problem Solve**
By developing a workable method of dealing with challenges you will be more likely to feel capable of solving problems:
 - Understand the problem.
 - Find more than one solution, be creative and identify multiple solutions.
 - Put your solution into action and evaluate to see how much it helped you.
 - If it didn't work out, try think of it as a learning experience.
- **Learn from your mistakes**
Resilient people have the ability to learn from mistakes and see them as opportunities to grow. By taking the time to work out what didn't go so well and focusing on solutions may help you to prevent making the same mistakes in future.
- **Focus on what you can control**
People who feel in control of their lives are more resilient when facing challenges. If you experience a setback:

- Try to maintain perspective.
- Understand that the setback may seem overwhelming but may not have that much of an impact longer term.
- Try to avoid blowing it out of proportion.
- Let go of things that you cannot control and try to adapt.

4. Maintaining your Resilience

- **Take care of yourself daily**

Taking care of yourself on a daily basis can help you to be mentally and physically strong to effectively deal with challenges in your life:

- Develop a daily routine
- Sleep Well and Eat Well
- Make time for relaxation

- **Sustain your self esteem**

Your self-esteem can depend on how you value yourself. To ensure resilience, it is important to form a positive perspective about yourself and life in general:

- Pay attention to your positive qualities while minimizing your negative ones by making a list of everything that you like about yourself.
- Use your talents and abilities i.e. professional, volunteer, business or home front.
- Learn new abilities and skills as often as you can.
- Improve your knowledge and expand your network of acquaintances.

- **Nourish your creativity**

Creativity is an expression of yourself and the way in which you live. Nourishing your creativity can help you to be more creative when finding solutions to problems and may help you to view the world in more than one way.

- Try a photography class
- Write a poem
- Take up painting
- Redecorate a room in an original way

- **Stay physically fit**

There is a connection between mind and body, if your body is stronger then you have built up strength and endurance to have a stronger mind, which may help you in moments of crisis.

- Physical fitness will improve your self-esteem and positive thinking will contribute to feeling empowered, all of which may help you to be more resilient.
- Try starting with a walk for twenty minutes a day. Walking has been proven to help people be more open-minded and ready to face challenges.

- **Make peace with your past**

Until you make peace with the difficulties from your past, they may continue to influence your current responses. Try to view past setbacks and issues as a chance to learn.