

# RESILIENCE

## THE PROCESS OF ADAPTING POSITIVELY TO ADVERSITY

### WHAT RESILIENCE IS

- ✓ FOCUSING ON A SOLUTION
- ✓ A PROCESS
- ✓ BEING REALISTIC
- ✓ GIVING YOURSELF A BREAK
- ✓ HAVING CONFIDENCE IN YOUR ABILITIES
- ✓ MANAGING STRONG IMPULSES
- ✓ MANAGING UNCOMFORTABLE EMOTIONS
- ✓ COMMITMENT
- ✓ DEDICATION
- ✓ NURTURING MEANING AND PURPOSE IN LIFE
- ✓ HOPE
- ✓ USING COPING SKILLS
- ✓ ASKING FOR HELP
- ✓ VALUE BASED LIVING
- ✓ AWARENESS
- ✓ FEELING EMOTIONS
- ✓ SELF-CARE
- ✓ EMPATHY
- ✓ MOVING TOWARD GOALS

### WHAT RESILIENCE ISN'T

- ✗ SOMETHING A PERSON HAS OR DOESN'T HAVE
- ✗ NEVER EXPERIENCING HARDSHIP
- ✗ JUST PUSHING THROUGH
- ✗ BELIEVING SELF-DEFEATING THOUGHTS
- ✗ MAKING EXCUSES
- ✗ COMPARISON TO OTHERS
- ✗ OPTIMISM IN ALL SITUATIONS
- ✗ ALWAYS BEING HAPPY
- ✗ BEING OUR OWN WORST CRITIC
- ✗ GIVING UP
- ✗ LIVING STRESS FREE
- ✗ SOMETHING A PERSON IS JUST BORN WITH
- ✗ ALWAYS TAKING THE EASY WAY OUT
- ✗ RELYING ON OTHERS TO SOLVE OUR PROBLEMS
- ✗ DENIAL
- ✗ BLAMING
- ✗ DOING EVERYTHING OURSELVES
- ✗ PERFECTIONISM
- ✗ PROCRASTINATION

## RESEARCH ON RESILIENCE IS SHOWING THAT RESILIENCE IS A SKILL THAT CAN BE IMPROVED THROUGHOUT LIFE.

A few methods to increase resilience include:



#### TAKE RESPONSIBILITY

Focusing on what we can control in life and not expending energy blaming others or the world for our problems helps us move forward productively.



#### ASK FOR HELP

Nurture relationships and connect with others when times get tough.



#### BE AN OPTIMISTIC REALIST

Try to see the options in difficult situations but there is no need to positive and optimistic all the time.



#### PRACTICE RADICAL ACCEPTANCE

Accept that life will throw us difficult challenges and we have a choice to accept reality or expend needless energy fighting it.



#### TAKE CARE OF OURSELVES

Practice proper sleep habits, try to eat a balanced diet, exercise regularly, and nurture our mental and emotional health.

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