

# 21 Tips for Building Resilience

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Life is full of setbacks, along with abrupt changes, that can catch us off guard.

Whether they are personal losses, accidents, injuries, or even tragic events, these acute stressors can create serious turmoil.

The key to effectively dealing with these setbacks lies in *personal resilience*.

Personal resilience is the ability to bounce back from adversities and adapt to them. It's a life skill that can be cultivated, strengthened, and sustained over time.

Resilience is not merely a way to cope with difficult situations; it is a crucial attribute for attaining success and happiness in life because we constantly face minor adversities to which we must adapt.

By developing a strong sense of resilience, you will acquire a positive attitude and recognize it in others. Strengthen your personal resilience in these ways:

1. **Practice positive self-talk:** Positive self-talk is the use of positive, self-affirming words and phrases to encourage and motivate oneself. It also involves quickly identifying negative self-talk when it happens and interrupting it.
2. **Know your emotions:** Learn to recognize, understand, and manage your emotions. This skill is about moving from one feeling state to another to reduce stress and improve overall well-being. You don't have to be a victim of your feelings!
3. **Practice flexibility:** Flexibility allows you to roll with the punches and not panic at urgent matters, sudden life upsets, and discomforts. You adapt to changing situations and circumstances.
4. **Practice mindfulness:** Learn to be present and aware of your thoughts and feelings in the moment. Doing

so reduces stress, instills calmness, and cuts the amount of time you experience stress.

5. **Self-care:** Take care of your physical, emotional, and mental health. They all contribute to overall energy levels and immune function—critical for when you are under stress.
6. **Social support:** Develop a network of family and friends who can provide emotional and practical help. Don't make friends by accident. Build and nurture this resource to lean on when the going gets tough.
7. **Problem-solving:** Problem-solving involves the ability to formulate solutions to challenges. Solving problems is a step-by-step process that's learned, and knowing how builds confidence.
8. **Cultivate a growth mindset:** See challenges as opportunities to learn and grow rather than give up. This perspective is like a muscle. It strengthens with practice.
9. **Goal-setting:** Set realistic and achievable goals. This improves motivation and excitement and allows you to look over the horizon and past the stress in order to anticipate achievements.
10. **Seek meaning and purpose:** Consider what brings you joy. Explore passions and interests and engage in activities that genuinely interest and inspire you. This becomes a source of respite and recovery during challenging times.
11. **Practice gratitude:** Make it a habit to focus on the things you are grateful for in order to shift your focus from negative to positive emotions.
12. **Develop self-awareness:** Examining your strengths, weaknesses, and triggers helps you understand how stress affects you. This provides insight for better managing it.
13. **Develop emotional intelligence:** EI is a life skill that helps you recognize and manage your emotions and better detect and respond to the emotions of others.

14. **Celebrate small victories:** Recognizing and celebrating small victories, such as completing a task or achieving a goal, reinforce your sense of personal competency and belief in your capacity to surmount obstacles.
15. **Seek support when needed:** Knowing when to ask for help, whether it be from a therapist, coach, or support group, can help you find guidance and resources.
16. **Practice self-compassion:** Being kind and understanding with yourself, rather than self-critical, helps build a positive self-image and faith in your abilities.
17. **Embrace change:** Be open and adaptable to change with a "I can do this!" attitude. Doing so will help you look for opportunities that often accompany life's challenges.
18. **Learn from failures:** Viewing failures as learning opportunities rather than setbacks helps create a sense of growth and progress so you feel closer to your ultimate goal despite obstacles.
19. **Practice optimism:** Focusing on the positive aspects of a situation, rather than the negative, will help you develop an overall sense of hope and motivate you to be proactive with challenges.
20. **Cultivate a positive self-image:** Treat yourself with kindness and understanding, just as you would a close friend. Interrupt negative self-talk and surround yourself with positive people.
21. **Practice stress management:** Effective stress management techniques, such as deep breathing or mindfulness, can help you reduce the impact of stress on your physical and emotional health.

A quick Google search will lead to ways that you can develop any of the skills mentioned above. Better yet, talk to your employee assistance program professional about the skills you want to learn most, and then discover new directions for your life with their help.