

Building Resilience

What is resilience?

Resilience can be defined as the 'process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances'. Our life experiences shape how we see ourselves, see others and the world around us. We draw from our past to cope with current stressful situations. Our capacity to be resilient can change and develop over time. Just like building muscle strength, building resilience takes time, effort and patience. Being resilient will not stop us feeling stressed or worried but it could help in reducing overwhelm and cultivating self-compassion in these moments.

Tips for building resilience:

- ❑ Connect with and talk to others about your experiences
- ❑ Remind yourself of what is important in your life
- ❑ Take care of yourself through exercise and a healthy diet
- ❑ Get curious about yourself and your responses. This means paying attention to your emotions, what you're thinking, how your body feels, and how you respond to all of these, without judgment
- ❑ Try to be compassionate with yourself when facing difficulties, i.e. imagine what you would say to a friend facing the same problem and apply this to yourself
- ❑ Remind yourself that everyone feels stressed, worried and overwhelmed at times, we are not alone in this
- ❑ Remember we can only do our best and take each day as it comes
- ❑ Set yourself personal goals and reward yourself when you've achieved them
- ❑ Try to do things that you enjoy and bring you pleasure, e.g. listen to music or read a book
- ❑ Try to include regular relaxation into your day
- ❑ Use coping techniques that have helped you in the past

"Do not judge me by my success, judge me by how many times I fell, and got back up again".

- Nelson Mandela