



HOW TO BUILD YOUR PERSONAL RESILIENCE

Building and sustaining your personal resilience during times of change is essential for your well-being. The following are 10 tips to help you build your personal resilience.

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| <ol style="list-style-type: none">1. Accept that change is part of life. During your life you will have to adapt to changing circumstances.2. Remember that some changes are beyond your control. You can not change events, but you can change the way you interpret and react to them.3. Develop supportive and caring relationships. These include relationships at home, among friends and colleagues. You might find it helpful to talk about your problems. Accept help and support when offered, and help others when they need it.4. Try to understand your own experiences. Understand your experiences of dealing with loss, hardship or emotional problems. Appreciate what you have learned from these events.5. Develop a positive view about yourself. Be confident in your strengths and abilities.6. Set realistic goals. Take regular small steps towards achieving them. Ask yourself "What's the one thing I can accomplish today?" rather than focusing on the overarching goal, which may sometimes seem unachievable. | <ol style="list-style-type: none">7. Be decisive. Try and do as much as you can, instead of avoiding problems in the hopes that they will go away.8. Stay hopeful and optimistic. Visualize what you want and seek to accomplish it, rather than worrying about what you fear.9. Try and put things into perspective. It is important not to blow the significance of an event out of proportion.10. Take care of yourself. Your physical and mental health, which includes fitness and the need for relaxation, will give you the strength and balance to deal with difficult situations. <p><i>Adapted from: Gill Corkindale, "Resilience: A Strategy for Survival", Harvard Business Review, (January 26, 2009); steps which are based on The Road to Resilience, the APA's guide to developing individual resilience.</i></p> |
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