



9 Steps to Resilience

Barry Winbolt





What is Resilience?

Resilience is a person's capacity to respond to periods of high demand by 'bouncing back'. Maintaining morale and effectiveness in the face of challenge and unwanted change is a key attribute in dealing with the rigours of today. Like the principle exercising for physical fitness and stamina, resilience is an acquired ability to skilfully manage cycles of stress and recovery.

Becoming more resilient requires a shift in thinking; the three areas of focus are aspiration, attitude and adaptability.

Aspiration

Create a Life Development Plan and derive a personal mission statement from that. It will inspire and guide and help you articulate your values and identity.

Attitude

Develop attitudes of Commitment, Care and Confidence towards the things you do and adopt a mindful approach to tasks.

Adaptability

Viewing a negative event as a challenge – an opportunity for learning and development rather than a crisis – helps build resilience.



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1. Treat life as a learning process. Develop the habit of using challenges as opportunities to acquire or master skills and build achievement.
2. Avoid making a drama out of a crisis. Stress and change are part of life. How we interpret and respond to events has a big impact of how stressful we find them.
3. Celebrate your successes. Take time at the end of each day to review and acknowledge what went well. Train the mind to look for success rather than dwelling on negativity and 'failure'.
4. Develop realistic life goals and a sense of purpose. Do something each day to move towards them. Small is beautiful; one small step amid the chaos of a busy day will help.
5. Take positive action. Doing something in the face of adversity brings a sense of control, even if it doesn't remove the difficulty.
6. Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps
7. Keep a realistic perspective. Place challenging or painful events in the broader context of lifelong personal development.
8. Practice optimism. Nothing is either wholly good or bad. If we allow our thinking to dictate how we view something it will take over. Make your thinking work for your benefit, rather than letting it stymie you with doubt or by seeing only the bad side.
9. Cherish social support and interaction. Good relationships with family and friends and others are vital. Being active in the wider community also helps.



Five things to avoid

We all have a tendency towards self-limiting thinking and habits, things that are best avoided.

Avoid joining the Scaremongers

Remember the saying 'Misery loves company'. Nothing like a bit of group commiseration on how bad things are to really bring you down. Stay out of it, or pay the price.

Avoid joining the Doom and Gloom Club

When others start up on how bad things are, people naturally tend to get into the gossip and mutual commiseration. Acknowledge and move on. Avoid joining in.

Avoid Ostrich behaviour

Burying your head in the sand might make things go away, but it won't increase your sense of purpose or empowerment. You may have things you should be doing, like planning how to save money, talking to your bank manager, re-structuring part of your life or looking for new ways to prosper. Remember, Plan, Review and Learn.

Avoid exaggeration

People love to talk-up bad news, but catastrophising is one of those patterns of thought that lead right into depression. Always seek to balance bad news with an objective view.

Avoid bad news

We are surrounded by bad news. As well as the naysayers, there are the media, Newspapers and TV are particularly good at feeding us negativity big-time. And are the soaps! There is nothing like an hour or two a day of authentic sounding drama and arguments to set you up for a troubled night's sleep.

Surround yourself with positive ideas and influences. Look for things that please and inspire you.



Reading and references

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