

5n5

5 Ways to Build Resiliency



1. **Maintain a hopeful outlook**

We can't prevent adverse events from occurring but we can control how we perceive and react to those events. Resilient people view adverse events as temporary and not insurmountable. Our self-talk can reflect this optimistic view with phrases such as, "It's just this one situation...not always" and "I can do something about this."

2. **Develop your self-belief**

Nurture a positive view of yourself. What are your strengths? Remember those times when you overcame an especially difficult problem. Recall a time when you learned something new. We are not perfect...no one is. Accepting ourselves as we are allows us to grow in our self-confidence.

3. **Take action**

Resist the urge to retreat and isolate. Take action slowly and deliberately, one step at a time. Weigh the pros and cons of a decision and run this by a trusted family member or friend-consider their opinion. Be willing to be flexible, open to a different way of doing things.

4. **Accept help**

During good times cultivate relationships by calling and sharing your life with friends and family. Show up for them when you're feeling strong and then accept their help when you're not. Share your frustration and fear. Seek help from professional counselors, clergy, support groups, meditation, mindfulness, yoga or other spiritual practices.

5. **Seek opportunities for growth**

Tragedy and hardship can teach us new things. This might include learning the skill of asking for help or it may bring us closer to others or it may provide us with the knowledge that we can, indeed, survive these difficult experiences, making it easier to endure the next stressful event.

