

## **Resilience**

**'Resilience' can be defined as the ability to withstand adversity + the ability to adapt to adversity'**

**Factors/Areas of Your Life to Consider when evaluating Resilience :**

- **Emotional**
- **Physical**
- **Mental / thought processes**
- **Financial/ Business**
- **Relationships**
- **Community**
- **Environment**
- **Support Networks**

**A few suggestions for building resilience :**

- **Develop self-awareness. This asks us to have a clear perception of our personality, strengths, weaknesses, thoughts, beliefs, motivation, emotions, how others perceive us and our responses to events.**
- **Become mindful and 'present', able to observe thoughts and feelings without judging them as good or bad.**
- **Exercise Self Care in whichever way is uniquely balancing for each of us as individuals. This helps to regulate the way in which we, as human beings, function effectively in the world.**
- **Develop contingencies or back-up plans for each of the areas where resilience is weaker**
- **Recognise, resolve and integrate your fears**
- **Build a support network & don't be afraid of using it**
- **Build the capacity to accept change. Be aware of areas of denial & avoidance, and where you may have a 'need' to control outcomes.**
- **Identify possible additional skills and competencies you may need**