



Building Resilience Takeaway

Resilience is your ability to recover and bounce back from life's challenges. People who have strong resilience are better able to deal with stress and pressure. Research shows resilient people are also more positive and are able to maintain a sense of calm in intense and stressful situations. Resilience and Well-Being go hand in hand and focussing on either will automatically impact the other.

For some people resilience is a natural trait, however for most people, similar to Well-Being, it is something that has to be worked on and developed.

These 7 techniques can help you improve your natural resilience and in turn help improve your Well-Being.

1. Find a positive meaning in the tough situations.

In every tough situation there is something for us to learn even if at first, it's deeper meaning may not be clear. To quote Malcom X, "There is no better teacher than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time." Look for the meaning in each tough lesson, instead of focusing on the defeat. If you find it difficult to find a positive meaning or lesson use your Wonderful Life Dice to view it from another perspective.

2. Accept change as a natural part of life.

Whether you like it or not, change is a natural part of life. An important part of building resilience is to fully understand this. Enjoy the sweet moments in life but always anticipate that change will come. Good or bad, the common thread is that life will change, evolve and continue marching on. When dealing with change follow our group coaching principles and break the change down into small steps that you can achieve to keep moving in the right direction.

3. Building a support network

Perhaps one of the most important techniques for resilience is building and maintaining a trusted support network. As you will not be able to overcome every hardship on your own and everyone deserve support once in a while. Ask for help when you need it and return the support when you are able. This is critical to your social Well-Being. Use your Wonderful Life Group as part of this network and share your story with them.

4. Say thank you

Be grateful. If you look for them daily, or even weekly there are many reasons to say thank you and be grateful. Keep a gratitude journal, or incorporate a gratitude affirmation into your daily routine, either way train yourself to see the glass as half full.

5. Have a self-care ritual

Challenges and set backs in our personal or professional lives are exhausting. So, it's important know when and how to take a step back and care for yourself. Incorporating mindfulness techniques like deep breathing and mediation into your self-care ritual is a wonderful way to reduce stress. Similarly, regular exercise boosts your mood and increases your motivation levels. This is where your 5-A-Day routines will really start to help you take care of yourself.

6. Establish goals

Resilient people are able to view hardships with a healthy dose of reality. They set themselves goals in order to find solutions to problems and strive forward in spite of adversity. Improve your resilience by taking a step back, assess the situation before you, brainstorm steps and goals to improve your situation and then break them down into manageable steps. With a roadmap and the ability to adjust your path you will find your way out of hardship. Use your Wonderful Life Wheel to identify your goals and break them down into manageable steps.

7. Take action

Some adversity will require action. Burying your head in the sand may only prolong the issue. Practise problem solving when adversity strikes and start focusing on solutions that will make your situation better. While there might not be a fast or easy solution, understand that progress and action will help alleviate stress. With action you will feel more in control of your life and any stress that is thrown your way. If you are stuck use your Wonderful Life Dice or Attitude Chooser to create a different view. As with all of our Wonderful Life processes you have to take action!

Adversity and change are natural parts of life. While no one is able to experience life without hardships, we are all able to build resilience to help us on our journey. Invest time and energy into building your resilience and you will notice that you are living your Wonderful Life, rather than letting life happen to you.