

Resilience

What is Resilience?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.

How Do I Become More Resilient?

Becoming more resilient not only helps you weather the inevitable storms in life, it also empowers you to grow and even improve your life along the way. Resilience involves behaviors, thoughts, and actions that anyone can learn and develop. Like building a muscle, increasing your resilience takes time and intentional practice.

What are the Main Components of Resilience?

The American Psychological Association outlines four core components of resilience: connection, wellness, healthy thinking, and meaning. Focusing on these four core components can empower you to withstand and learn from difficult and traumatic experiences.

- **Connection:** Prioritize healthy relationships with empathetic and understanding people so that you are reminded you are not alone in the midst of difficulties. Having trustworthy and compassionate individuals who validate your feelings will support the skill of resilience. Be sure to accept support from those who care about you.
- **Wellness:** Take care of your body by practicing self-care, including proper nutrition, exercise, sleep, hydration, mindfulness, etc.
- **Healthy Thinking:** Maintain healthy thought patterns by keeping things in perspective, accept that change is inevitable, and strive to maintain a positive attitude.
- **Meaning:** Find your purpose; help others, be a proactive problem solver during hard times, and set and work towards realistic goals to identify tangible signs of growth and self-discovery.

References:

American Psychological Association. (2009). *Teaching tip sheet: Self-efficacy*. Retrieved from: <https://www.apa.org/pi/aids/resources/education/self-efficacy>

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