

10 Ways to Enhance Your Resilience

1. Build Positive Beliefs in Your Abilities

Self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future.

2. Find a Sense of Purpose in Your Life

In the face of crisis or tragedy, finding a sense of purpose can play an important role in recovery. This might involve becoming involved in your community, cultivating your spirituality or participating in activities that are meaningful to you.

3. Develop a Strong Social Network

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, it allows you to share your feelings, gain support, receive positive feedback and come up with possible solutions to your problems.

The activities we engage in with friends help us relax and have a laugh. It boosts the immune system that is often depleted during stress.

4. Embrace Change

Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.

5. Accept the things you cannot change

Changing a difficult situation is not always possible. If this proves to be the case, recognize and accept things as they are and concentrate on all that you do have control over.

6. Be Optimistic

Staying positive during difficult times can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Being an optimist does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are transient and that you have the skills and abilities to combat the challenges you face. What you are dealing with may be difficult, but it is important to remain hopeful and positive about a brighter future.

7. Nurture Yourself

When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercising and not getting enough sleep are all common reactions to a crisis situation. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

Don't use alcohol, nicotine or caffeine as a coping mechanism. Long term these faulty coping mechanisms will add to the problem. For example caffeine and nicotine are stimulants, too much and the body reacts to this and can cause anxiety. Alcohol is a depressant!

Alongside holidays (with at least one break of 10-14 continuous days recommended) taking even a short 15 minutes break at work to relax and recharge your batteries helps your coping strategy.

8. Develop Your Problem-Solving Skills

Research suggests that people who are able come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practicing your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.

9. Establish Goals

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way, and then set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Identify all possible solutions, and then break them down into manageable steps.

10. Take Steps to Solve Problems

Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful. Focus on the progress that you have made thus far and planning your next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished.

Extra Tips

- Sip cold water throughout the day—this helps to keep you hydrated and the coldness increases your metabolism
- Eat regularly and include fresh fruit and vegetables daily
- Do breathing exercises—shallow breathing contributes to tiredness, tension and anxiety
- Rebalance your posture and loosen up—standing up and stretching every hour can increase your energy by up to 30%