

Factors which Contribute to Resilience

1. (Primary) Having caring and supportive relationships within and outside of the family that…

a. create love and trust,

b. provide role models,

c. offer encouragement and reassurance

…all help to bolster a person’s resilience.

1. The capacity to make realistic plans and take steps to carry them out.
2. A positive view of yourself and confidence in your strengths and abilities.
3. Skills in communication and problem solving.
4. The capacity to manage strong feelings and impulses.

Source: The Road to Resilience, American Psychological Association, helping.apa.org

10 Tips for Building Resilience

1. Make connections – Close relationships are important. Accepting help and support from those who care about, and listen to you, strengthens resilience. Assisting others in their time of need also can benefit the helper.
2. Avoid seeing crises as insurmountable problems – Change the way you interpret and respond to stressful events. Develop an objective perspective and look beyond the present to how future circumstances may be better.
3. Accept that change is part of living – Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
4. Move toward your goals – Do something regularly that enables you to move forward on your goals.
5. Take decisive actions – Act on adverse situations as much as you can.
6. Look for opportunities for self-discovery - Many people who have experienced tragedies and hardship have reported better relationships, greater sense of personal strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and a heightened appreciation for life.
7. Nurture a positive view of yourself – Develop confidence in your ability to solve problems.
8. Keep things in perspective – Avoid blowing stressful events out of proportion.
9. Maintain a hopeful outlook – Try visualizing what you want, rather than worrying about what you fear.
10. Take care of yourself – Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Eat and sleep well. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

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