Tips for building resiliency

Resiliency means having the ability to quickly recover from a crisis. Some individuals have a natural ability to bounce back from challenging situations while others must learn how to become resilient.

Here are some tips to help you build your resiliency:

Embrace change. Maintaining the status quo and doing things the same way all the time can certainly become comfortable. So when a big change comes your way, it can knock you out of your comfort zone. But while change can present challenges, it can also reveal opportunities you might never have discovered otherwise. Instead of concentrating on the disruptive aspects, take a flexible approach and focus on the exciting "element of the unknown" that change can bring to your life.

Accept what's out of your control. Fighting against that which you have no control over will leave you feeling frustrated and exhausted. There are certain circumstances or decisions that are not in your power to control. Let go of them. Doing so will help you move on and focus your energy more positively. Remember: though you may not be able to change these realities, you can change how you respond to them.

Stay focused on the big picture. It's easy to get so wrapped up in the negative impact a personal or professional setback has that you blow it out of proportion. Looking at it from a broader perspective can help you more accurately assess its importance.

Welcome support. Strong, open, relationships are usually the foundation on which resilience is built. Whether it's seeking advice from colleagues, family, a spiritual organization, or a professional, connections can provide you with the emotional help and outside perspective you need to recover from a setback.

Maintain your focus. Develop some realistic goals. Do something regularly—even if it seems like a small accomplishment—that enables you to stay determined and focused on your goals.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.

Take action. When faced with a difficult experience, it’s important to challenge the situation rather than detaching completely from problems and stresses and wishing they would simply go away.

Stay positive. Maintaining an optimistic outlook enables you to expect that good things will happen in your life. Visualize what you want, rather than worrying about what you fear. Developing confidence in your ability to solve problems and trusting your instincts helps to build resilience.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps to keep your mind and body prepared to deal with situations that require resilience.

Throughout your life, you will be required to face many challenges. With time and practice, you can build and strengthen your resiliency to help you develop a more robust emotional health.