

THE ROAD TO RESILIENCE

How to develop your bouncebackability!



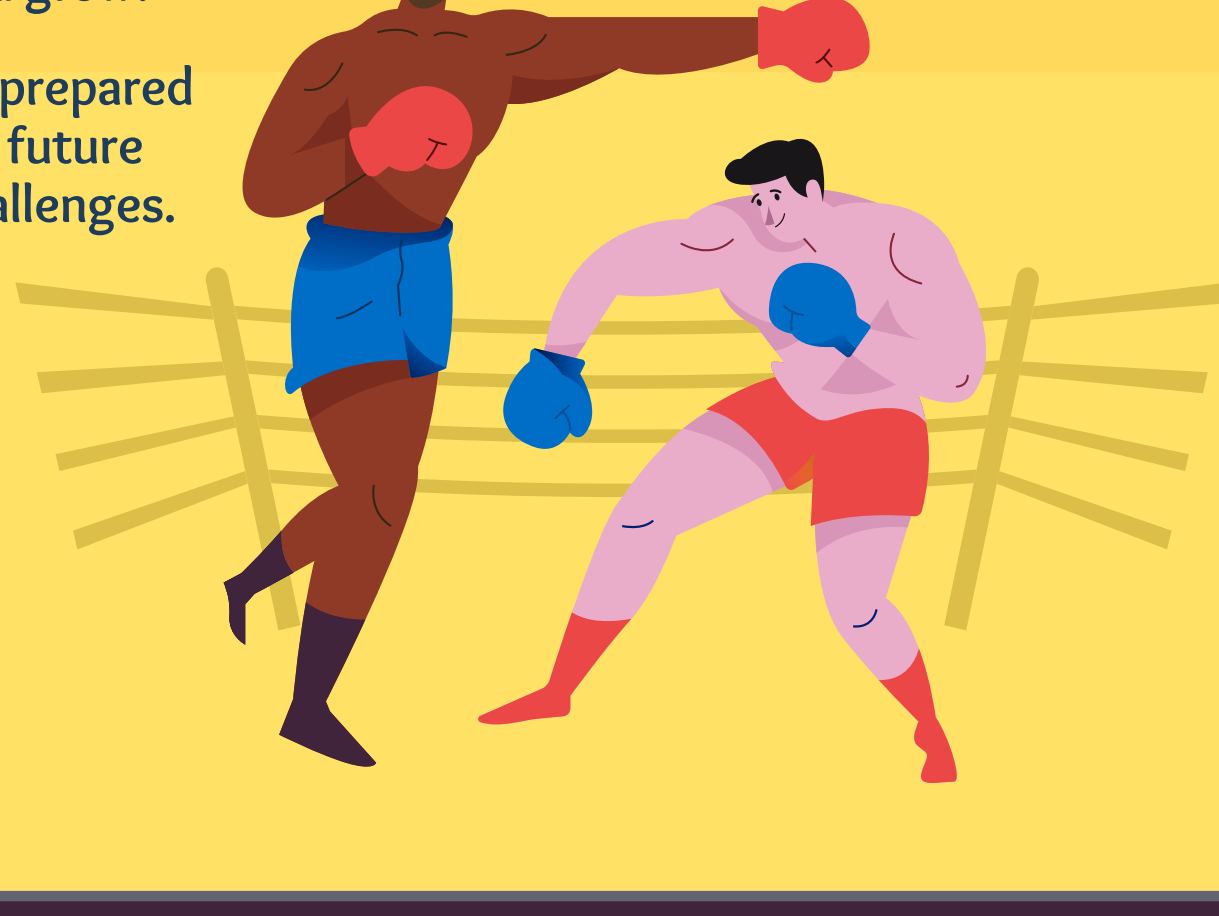
RESILIENCE IS:

“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. As much as resilience involves ‘bouncing back’ from these difficult experiences, it can also involve profound personal growth.”¹

ROLLING WITH THE PUNCHES

In these turbulent times, resilient people are more able to cope with a constantly changing world. They’re more likely to:

- Take stock and bounce back.
- See opportunities in setbacks.
- Stay calm and solve problems.
- Learn from failure and grow.
- Be prepared for future challenges.
- Focus on what they can control.
- Put troubles into perspective.
- Stay positive.²



COMMON MYTHS ABOUT RESILIENCE³



Myth

Truth



Resilience is a trait: you’re either born resilient or you’re not.



Resilience is a skill you can learn and develop over time.



Resilient people are immune to stress and negativity.



Everyone experiences stress and negativity from time to time. But resilient people choose to respond to challenges positively, to find meaning and purpose in their lives.



Resilient people are tough and independent; they don’t need help from others.



Resilient people are resourceful – family and friends are among their most important resources.



Adversity makes people stronger.



It’s not adversity that makes people stronger – it’s the process of struggling, learning and persevering that makes people strong.

RESILIENCE FACTORS

Many factors contribute to resilience, including:

a positive attitude and self-image

caring and supportive relationships

the ability to make realistic plans

being a good communicator

effective problem solving

managing strong feelings and impulses⁴

confidence in your strengths and abilities

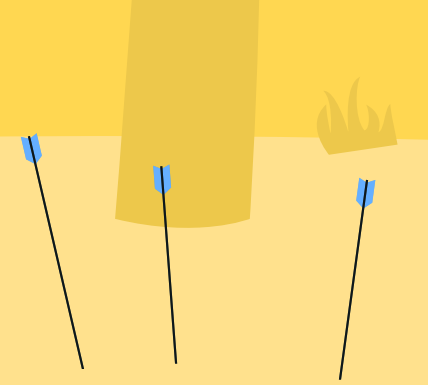


Although some of us are more naturally resilient than others, the good news is you can develop and improve.

RESILIENCE ACTION PLAN

1. PRACTICE POSITIVE THINKING

Accept that some things are beyond your control. Stay optimistic and focus on what you can change, rather than what you can’t.

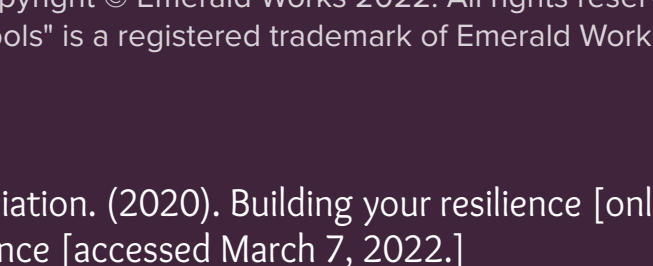


2. UNDERSTAND YOURSELF

Know your strengths, your accomplishments and your limitations. Be self-aware: understand how you respond in certain situations, and why.



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