

Connect to Your Resilience

Life can be unpredictable, and everyone experiences twists and turns along the way. Anything from daily challenges to traumatic events can leave lasting impacts. Each change affects people differently bringing a variety of thoughts, emotions, and uncertainty. Yet, because of resilience, people have the ability to adapt well over time to life-changing or stressful situations.



The American Psychological Association defines resilience as the process of adapting well in the face of adversity, tragedy, or other significant source of stress. Resilience empowers individuals and fosters growth from difficulties. This does not mean that one is immune to emotional distress, but rather that it doesn't determine the outcome of one's life. There are many aspects of life that we can control, modify, and grow with.

Building resilience takes time and intentionality, but anyone can learn and develop the behaviors, thoughts, and actions needed to do so. Skills that build resilience also result in better problem-solving skills, stronger social connections, and a greater sense of purpose.

Resilience can be broken down into four building blocks which include building connections, fostering wellness, finding purpose, and embracing healthy thoughts.

Building Connections

Build connections to create a strong support system that will act as a safety net during challenges. Be sure to prioritize these relationships by reaching out regularly. Don't be afraid to accept help from others and to reciprocate support. Seek out community or faith-based groups that may offer a sense of purpose and inclusion.

Fostering Wellness

Foster wellness by moving, eating, and meditating to enhance well-being and lifestyle. Stress manifests itself physically just as much as it does emotionally. Develop positive habits like healthy sleep patterns, hydration and regular exercise to strengthen your body's ability to adapt to stress. Make time to laugh, joke and be light-hearted each day.

Finding Purpose

Find purpose daily by completing one action item that will get you closer to a long-term goal. Focus on the small things you can accomplish to move in the direction you want to go. Explore your interests by reading a new book or listening to a podcast. Find ways to help others by volunteering or supporting a loved one.

Embracing Healthy Thoughts

Embrace healthy thoughts by keeping things in perspective. Learn from the past by reflecting on successes and accomplishments. Establish a healthy work-life balance and identify variables you have control over. Remain optimistic by visualizing what you want rather than worrying about the unknown.

It can be useful to identify specific action items that will help enhance resilience. Consider the six dimensions of wellbeing and review ways you have already built resilience in each area as well as ways to improve. See below for a list of suggestions.

Emotional

- › Practice taking deep breaths to recenter yourself.
- › Set boundaries with individuals or situations that are making you uncomfortable.

Physical

- › Develop a habit of stretching each day by creating a reminder to do so.
- › Stay hydrated by bringing a reusable water bottle with you to work.

Financial

- › Create a daily, weekly, or monthly budget.
- › Review spending habits or subscriptions that may no longer be useful.

Environmental

- › De-clutter your personal and work environment.
- › Volunteer to clean your neighborhood or community.

Intellectual

- › Read a book for fun.
- › Complete a daily puzzle, wordle, or sudoku.

Social

- › Write a 'thank you' note to someone who helped you build resilience.
- › Be present when meeting with friends and family by putting your phone on silent.

