

Building Resilience: One Step at a Time

Long Term Resilience: Building from within

What is resilience?

- The ability to bounce back in a positive manner after difficult circumstances
- The ability to have a full mental and emotional recovery after a crisis
- The ability to adapt when faced with stressors

How to build your resilience

- Emotional intelligence: Understand your emotional capacity and how you react and respond to situations.
- Energy: Balance energy output over different parts of your life. For example, work, social, home and community
 - Set intentions for activities you do to energize yourself
- Relationships: Reflect on what your relationships look like and evaluate the role they play in your life. Positive, supportive relationships are important to have at home and in the workplace to build resilience.
- Perspectives: Understand what your perspective about the world looks like. Shift or modify perspective to be adaptable and flexible.
- Priorities: Reflect on your priorities and remember your wellness is foundational for success.

Gentle reminders

- Slow down: mistakes happen when we don't listen to ourselves and take breaks
- Continue healthy habits: sleep-hygiene, eating, hydration, exercise
- Stay connected: when times get tough DO NOT isolate, turn to others to find support
- Find unique opportunities for personal growth

Make the commitment

How will you work to build your resilience in each of these ways?

- Emotional intelligence: _____
- Energy: _____
- Relationships: _____
- Perspectives: _____
- Priorities: _____

Additional resources

- [APA article about resilience](#)
- [Interview with Dr. Martin Seligman about building resilience and post traumatic growth](#)