

RESILIENCE

YOUR GUIDE TO BOUNCING BACK

Come with me if you
want to be more
resilient.



Resilience is...

The ability to adapt and bounce back when things don't go as planned.

Fact:

Resilient people try not to let failures or set-backs affect the bigger picture...

...They acknowledge the situation, learn from their mistakes and then move forward.

People who're resilient have these qualities...

PERMANENCE

Being more optimistic person means that you see the effects of bad events as temporary rather than permanent. You'd say "today was a rubbish day" instead of "my life is rubbish".

PERVASIVENESS

You don't let setbacks or bad events affect other, unrelated areas of your life. You'd say "I'm not very good at this" rather than "I'm not good at anything."

PERSONALISATION

You don't blame yourself when bad events happen. Instead, you see the circumstances as the main cause. For example, you might say "I don't think I revised enough or got the support I needed to pass that test," rather than "I messed up that exam because I'm stupid."

Learn to relax

Giving yourself a break to do something that calms you down will mean that you'll feel more able to cope with challenges in your life.

Learn from your mistakes and failures

Every mistake or failure has the potential to teach you something important, or offer you the opportunity to make some powerful changes in your life. Take a step back and try to see the silver lining.

Choose your response

We go through our share of really rubbish days. We can choose to react with panic and negativity, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you.

Practice thought awareness

Don't let negative thoughts put down any hard work you've put into something. Instead, put positive thinking into practice! This means listening to how you talk to yourself when something goes wrong - if you notice yourself making statements that are permanent, pervasive or personalized, try to correct these thoughts in your mind.

USE THESE TOOLS TO ACHIEVE RESILIENCE

Develop strong relationships

Having strong and positive relationships with family and friends will make you more resistant. The more real friendships you develop, the more resilient you're going to be because you have a strong support network to fall back on if things go pear-shaped.

Maintain perspective

Although a situation may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion - take a deep breath!

Build your self-confidence

Resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses that they might be facing. This belief in yourself enables you to take risks: when you develop confidence and a strong sense of self, you have the strength to keep moving forward, and to take the risks you need to succeed.

Be flexible

Things change and plans may, occasionally, need to be amended or scrapped. This is ok, but yes... It can be annoying.



You'll bounce back