

Raise your resilience



Resilience is needed to be able to cope with the ever-changing environment in which you live. Having the skills to bounce back can help you endure problems, setbacks, and other hardships you may face.

Many difficult events can change your life

From losing a loved one, having to look for a new job, or being diagnosed with a chronic illness, you may go through many difficult times in your life that leave you questioning your circumstances.

These difficulties can leave you flooded with emotion, and unsure of what decisions to take to cope with or overcome them. Many people become depressed, are overwhelmed, and they're unable to move forward.

That's why it's important to know that there are ways to cope with sudden and unexpected changes in your life, and that you can learn and develop skills that can help you deal with hardships.

Becoming more resilient

Many factors can help you become resilient, like:

- Support from loved ones and friends.
- Support from colleagues at work.
- Having relationships with role models and other influential leaders in your community.

In addition to the primary focus of resilience being connecting with others, there are another three ways to develop or enhance your skills of being more resilient.

1. **Be flexible.** A study published in the journal *Emotion* demonstrates that resilient people are able to flexibly change according to the situation and demands their environment presents them with. Learning how to be flexible may be one of the most important aspects of resilience.
2. **Make a plan, and take action.** While you can't stop a stressful situation from happening, you can change how it affects you. Having a plan for ever-changing circumstances, and carrying out that plan can help you cope with the situation better, which allows you to move forward from it. Don't be afraid to ask for help from people who have been in a similar situation.
3. **See the big picture.** If you can see an end to your struggle, and can focus on a goal to get you through a difficult time, it can help you see that a stressful situation is usually temporary. It may not seem as such in the beginning, but you have the ability to change how you feel about it, which can decrease the stress of it and allow you to move forward.

Instead of falling apart when you're going through a tough time, think about what you can do to cope with or overcome it. While resilience won't necessarily make your problems go away, it can help you to be able to see past them and better handle hard times and stress.