



# How to build resilience



Resilience helps us get through hard times and move forward. The American Psychological Association defines resilience as “the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress...”<sup>1</sup>

## How do you boost your resilience?<sup>1</sup>

- **Connect with people.** Prioritize important relationships. Spend time with people who are supportive and help you feel less alone. And when you're in a place in which this is possible, do something kind for someone else.
- **Take care of your physical health.** Eat healthy foods, stay hydrated, move your body and get enough sleep.
- **Stay present.** Ground yourself in the moment by taking deep breaths or noticing what you can see, hear, smell, touch and taste. Journaling, yoga and various forms of meditation can also help.
- **Be mindful about harmful coping mechanisms.** Avoid turning to substances or engaging in other outlets that can have negative consequences for your health and well-being.
- **Reframe your thoughts.** When you find yourself seeing things through a negative filter, try to notice the positive or neutral aspects of situations. Make a note of what you're grateful for. Visualize what you want for the future.
- **Set goals.** Think of reasonable goals and take small steps toward them. Give yourself credit for making progress.

- **Use what works.** Think about what's helped you cope in the past. Make time for things that help bring you peace and contentment.
- **Change how you see change.** Change can bring discomfort, but it can also bring opportunities for learning and growth. It can help to keep this in mind.
- **Reach out.** Some circumstances can feel overwhelming. You're not alone and it's more than okay to ask for help.

Author and meditator, Yung Pueblo, wrote the following about resilience: “Do not trust the way you see yourself when your mind is turbulent, and remember that even pain is temporary, honor your boundaries, treat yourself gently, let go of perfection, and feel your emotions without letting them control you...”<sup>2</sup>

We're here to help. You can call us any time. Confidential services are available 24/7.

<sup>1</sup>Building your resilience. Available at: Apa.org. Accessed March 2024.

<sup>2</sup>Pueblo, Yung. The way forward. Kansas City: Andrews McMeel Publishing. 2023.

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