

RESILIENCE

Resilience refers to the ability to 'bounce back' when faced with adversity, trauma or sources of stress. Furthermore, resilient individuals are better able to recover from difficulties and cope well with unexpected change and challenges, as they are equipped with adaptive habits, thinking styles and skills.

What is resilience beneficial for?

Resilience has benefits for various parts of our lives, including:

- Regulating our emotions
- Controlling our impulses
- Believing in our ability to solve problems and rise to the occasion
- Engaging in optimistic thinking about the future, while remaining realistic
- Reading other people's social and behavioural cues to foster and develop healthy relationships
- Reaching out for new challenges and opportunities even if faced with obstacles

Although a lot of people may still think or believe that resilience is a trait that is inherited, this is not actually the case. Rather, it involves thoughts, actions and behaviours that can all be learned and developed through different strategies.

How can you develop resilience?

There are many avenues you can go down to develop your resilience. Some recommendations that can be followed have been provided by the American Psychological Association. These are listed below:

1. Make connections
2. Avoid seeing crises as insurmountable problems
3. Accept that change is a part of living
4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself

Although this list is extremely useful, it is not exhaustive. For instance, another consideration to take on board is to become familiar with your strengths and weaknesses. Identify what they are but then also reflect on their nature and the frequency of their occurrence. Remind yourself that everyone has weaknesses, which is nothing to be ashamed about, but consciously focus your attention on trying to utilise your strengths when faced with challenging situations. Additionally, it is extremely important to keep your wellbeing in check and to manage stress and anxiety levels. Find strategies that work for you and become familiar with signs that indicate when you need to ask for help.

*For more information on our services, contact us on **02 8243 1500** or at **admin@cfch.com.au***