



### GOOD PRACTICES 3.4.5.: building resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, and occupational stress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that anyone can learn and develop. It is process.

Developing your resilience is a personal and intimacy journey.

The following pointers may be helpful to consider in developing your own strategy for building resilience.

**Good relationships.** Close Relations with family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.

**Crisis is an opportunity.** Avoid seeing crises as insurmountable problems.

**Change is a part of living.** Change what you can change. Don't focus on what you can't change.

**Move toward your goals.** Concentrate on one real goal. It doesn't have to be big.

**Take decisive actions.** Act on adverse situations as much as you can. Being active instead of passive helps people more effectively manage adversity. Find positive ways to reduce stress and negative feelings.

**Look for opportunities for self-discovery.** Know your resources and limitations.

**Nurture a positive and realistic view of yourself.** Developing confidence in your ability to solve problems and trusting your intuition helps build resilience.

**Maintain a hopeful outlook.** Don't exaggerate the event and don't worry too much. An optimistic outlook enables you to expect that good things will happen in your life.

**Take care of yourself.** Engage in activities that you enjoy and find relaxing and that contribute to good health: regular exercise and healthy eating.

Build a personal strategy for dealing with trauma and work stress.

Getting help when you need it is crucial to building your resilience.

Source and read more: [building-resilience.pdf \(apaservices.org\)](#)