

Resilience

Life may not come with a map, and at one stage or another we will all experience twists and turns from everyday challenges to traumatic events. Each event can impact people differently, bringing a unique flood of thoughts, emotions, and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Resilience can be defined as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

There is no underestimating the immense emotional toll these adverse events can have on an individual. However, they do not have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That is the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way. <https://www.apa.org/topics/resilience>

If you are struggling to decide where to seek support, please call us on 1300 130 130 to be connected with one of our clinicians.

Do not judge me by my success, judge me by how many times I fell down and got back up again” Nelson Mandela

Building your Resilience

Like building muscle, increasing your resilience takes time and intentionality and you can only build resilience for each event that occurs. We cannot always expect to have given resilience for everything that we experience. However, four core components to focus on which can empower you to withstand and learn from difficult and traumatic experiences are — connection, wellness, healthy thinking, and meaning. To increase your capacity for resilience to weather—and grow from—the difficulties, use the following strategies to assist you with building your resilience to withstand challenges.

Building Connections

Surrounding yourself with people you can confide in who are supportive and caring will act as a protective factor during times of crisis.

At one point or another we will have all experienced a time of adversity and stress. Draw on skills that you have used in the past to manage stress during this time. If you find yourself getting worked up by racing thoughts, try using a grounding technique to center yourself and engage with your environment.



Drop Anchor | Take Ten Breaths

Drop Anchor

Plant your feet onto the floor. Push them down and notice the floor beneath you, supporting you. Notice the muscle tension in your legs as you push your feet down.

Notice your entire body and the feeling of gravity flowing down your head, spine, and legs and into your feet.

Look around and notice what you can see and hear around you. Notice where you are and what you're doing.

Take Ten Breaths

Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty — then allow them to refill by themselves.

Notice the sensations of your lungs emptying.

Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.

See if you can let your thoughts come and go.

Expand your awareness: simultaneously notice your breathing and your body. Then, look around the room and notice what you can see, hear, smell, touch and feel.

To arrange an appointment today please contact us on

1300 130 130

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Obstacles to resilience:

- “She'll be right” aka avoidance.
- Personalisation
- Hopelessness / Defeat / Learned Helplessness
- Protection against disappointment – i.e/ If I don't try, I can't fail.
- Over attachment to one's own values and over-investment in particular outcomes/results
- Fear + Regret = Time machine
- Negative Filtering –Only seeing obstacles
- Catastrophising

The APS suggests "10 Ways to Build Resilience":

1. Maintaining good relationships with close family members, friends and others;
2. Avoid seeing crises, or stressful events as unbearable problems;
3. Accept circumstances that cannot be changed.
4. Develop realistic goals and move towards them;
5. Take decisive actions in adverse situations;
6. Look for opportunities of self-discovery after a struggle with loss;
7. Develop self-confidence;
8. Keep a long-term perspective and consider the stressful event in a broader context;
9. Maintain a hopeful outlook, expecting good things and visualizing success
10. Take care of your mind and body, exercising regularly, paying attention to your own needs and feelings and engaging in relaxing activities that you enjoy.



Embracing Change:

An essential part of resilience is flexibility. Learning to become more adaptable will ensure you are better equipped to respond when faced with challenges. People who demonstrate resilience often utilise these events as an opportunity to branch out in new directions. As opposed to being thrown by abrupt change, resilient individuals can adapt and thrive.

Take Action:

Simply waiting for a problem to go away on its own only prolongs the crisis. While there may not be any fast or simple solution, it is important to start taking small steps toward making your situation better and less stressful.

Focus on how far you have come and plan your next steps, try not to be discouraged by the pace of your progress.

Actively working on solutions will also help you feel more in control. Rather than just waiting for things to happen, being proactive allows you to help make your goals a reality.

If you are ready to take action and seek support, please call us on 1300 130 130 to be connected with one of our clinicians.



To arrange an appointment today please call us on

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