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Building Resiliency

Resiliency has become a popular topic within wellness circles. That is because there is strong evidence suggesting that resilient people are better at managing stress and moving through life's difficult moments.

Psychological resilience is defined⁵ as the ability to adapt when faced with adversity. To build resilience, you need to understand how stress impacts you, so you can develop specific strategies to work your way through those difficult situations.



Here are a few ways to strengthen your resilience:

Practice Self-Care

Create a list of self-care strategies you can lean on when times are tough. Eating well, exercising, and getting enough sleep can dramatically improve your ability to deal with stressful situations. When you have a plan in place before you face a challenge, it is much easier to navigate your way through it.

Strengthen Your Circle

Having a trusted support system to turn to when you face tough circumstances can alleviate stress and help you find solutions more quickly. Research has shown that simply having a strong support network makes you more resilient.

Focus on Solutions

It can be tempting to focus your energy on problems, but giving your attention to solutions is a much better use of your energy. By refocusing your lens on solutions, you will be able to find your way through challenging circumstances more easily.

Give Yourself Space

Sometimes the best thing you can do when facing an overwhelming circumstance is give yourself space. Go for a walk. Sit in silence. Press the pause button to see the problem more clearly.

Building resiliency can change the way you respond when life-changing situations arise.



5. <https://www.apa.org/topics/resilience>