

10 Tips to Build Your Resilience ...



We can all build and improve on our ability to be resilient when faced with stressful and difficult situations. Here are some helpful tips that you can use to build your resilience ...

1. Have the courage to be imperfect

Continually striving for perfection in everything you do can lead to stress. Try to aim for “not bad at all” or “really quite good” instead of “perfect”.

2. Take time for yourself

Do you have little or no time left over at the end of the day for yourself? Are you all things to all people? Allow yourself time to do things that you especially enjoy. If you create boundaries around your time and stick to them, others will respect them.

3. Sign up for that course, join that club

Getting involved in community activities can help develop your connections with others, create skills and boost your physical and mental wellbeing - all things that improve your resilience.

4. Be active every day in as many ways as you can

Being physically healthy is an important foundation for your resilience. The National Physical Activity Guidelines recommend 30 minutes of moderate intensity physical activity a day.

5. Spend time with people who make you feel good

Nurturing a positive view of yourself is important for resilience. Spend time with people who help build your confidence and belief in yourself.

6. Laugh out loud each day

Laughing out loud can be a helpful way to reduce stress levels, so look for opportunities to introduce some humour into your day. Life can be truly absurd

sometimes, so don't forget to laugh at it and look for the lighter side of frustrating situations.

7. Invite a friend over for a cup of tea

Research shows that relationships are one of the cornerstones of wellbeing. Close relationships and broad social networks are both important.

8. Do one thing now you've been putting off

Procrastination can be a major barrier to wellbeing, leading to stress and preventing us from doing the things that are important to us and good for us. Ask your friends for their best strategies for getting motivated.

9. Remember - 'This Too Shall Pass'

One way to build resilience is to keep things in perspective. If you can, avoid being overly negative about things that may be happening in your life. Even during the toughest times, try to keep an eye to the future and the likelihood that circumstances will change for the better.

10. Focus more on things you can control

There are many things in your life that you have no direct control over. Resilience involves being able to adapt to change with a minimum amount of stress. Instead of resisting or trying to manipulate things beyond your control, look at them as opportunities to learn and grow. Focus your attention on areas where you can make a difference.

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