



7 Tips for Improving Your Resilience

Resilient people “bounce back” from life’s difficult experiences. Resilience can be learned and strengthened through changes in our behavior, thoughts, and actions. Here are some tips for improving your resilience:

- 1. Embrace change.** Flexibility is an essential part of resilience. By learning how to be more adaptable, you’ll be better equipped to respond when faced with adversity. While some people may be crushed by change, resilient individuals are able to adapt and thrive.
- 2. Prioritize relationships.** Connecting with others can remind you that you’re not alone amid life’s challenges. Resilient people are constantly building and maintaining their social networks, so when difficult times arise, they know they can weather the storm with people they trust.
- 3. Be confident.** Self-esteem plays an important role in recovering from difficult events. Be consistent about reminding yourself of your strengths and accomplishments. Becoming confident in your ability to respond to adversity is a great way to build resilience.
- 4. Be optimistic.** Maintaining a hopeful outlook is an important part of resiliency. Being optimistic means you understand setbacks are transient and you’re able to combat the challenges you face.
- 5. Self-discover.** Resilience can be strengthened by comparing how you responded to hardships in the past and how you would respond now. Times of vulnerability, tragedy and struggle often result in growth.
- 6. Set goals.** Crisis situations may sometimes seem insurmountable. Resilient people can view these situations in a realistic way and set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed, take a step back to assess the situation and identify manageable steps toward a solution.
- 7. Seek expert help.** Sometimes, the strategies above may be all you need for becoming more resilient. But life can get overwhelming at times and stall your progress. Reaching out to a licensed mental health professional can offer an unbiased support system to help you identify and navigate personalized coping strategies.

**Resilience may take time to
build, so do not become discouraged.**

Practice the common characteristics of resilient people and
remember to build upon your existing strengths.