

Individual Resilience

What is Resilience?

Resilience is the ability to adapt to changes and to approach negative events (such as stress and trauma) as constructively as possible. It is the ability to “bounce back.” Being resilient does not mean that a person never experiences difficult events. In fact, resilience is often built through the experience of difficult events and demonstrated through a person’s ability to cope with negative events when they occur. Resilience is not a fixed trait, but something all people have the potential to develop. Developing resilience won’t stop negative or stressful things from occurring, but it can reduce the level of disruption a stressor has on a person and reduce the time it takes them to recover from it.

Key Characteristics of Resilience

- Having positive self-perceptions
- Having emotional intelligence and effective at managing emotions
- Understanding and accepting that life is full of challenges
- Believing they have control over the outcome of their lives
- Having communication skills
- Developing strong social supports
- Having the ability and/or willingness to ask for help



Resilience and Mental Health

Resilience can help protect against certain risk factors that can increase the likelihood of experiencing mental health problems. By building your resilience, you can protect your mental health and well-being from negative stressors such as lack of social support, being bullied, and experiencing trauma. For people who are experiencing mental health conditions, resilience can help with the experience of setbacks and challenges, while promoting the development of confidence for the effective management of their condition and recovery.

10 Ways to Build Resilience

- Take time for yourself
- Be active every day in as many ways as you can
- Spend time with people who make you feel good
- Laugh out loud each day
- Build relationships with individuals close to you; invite your neighbor over for a cup of tea
- Do one thing now that you've been putting off
- Try things that you are interested in; sign up for that course or join that club
- Focus more on things you can control
- Have the courage to be imperfect
- Remember your current situation and/or emotional state is not permanent



What else could help?

Change your thinking: what's going right for you?

Adopt a "growth" mindset

Be optimistic

Find what coping skills work for you

Increase your abilities and confidence to face challenges

Explore the benefits of therapy