

Building Resiliency



All people have the ability to overcome adversity and to succeed in spite of their life circumstances. Resilience is a strengths-based construct, meaning its focus is on providing the developmental supports and opportunities (protective factors) that promote success.

Make Connections

Accepting help from those who care about you and will listen to you strengthens resilience.

Avoid seeing crises as insurmountable problems

Find new ways to interpret and respond to these situations.

Accept that change is part of living

By accepting what you cannot change, you can focus more successfully on things you can change.

Move toward your goals

Never allow yourself to move backward or be complacent with being almost successful

Take decisive actions

Look for opportunities for self-discovery

Many people who have experienced tragedies and hardship have reported better relationships, greater sense of personal strength even when feeling vulnerable, increased sense of self-worth, a more developed spirituality, and a heightened appreciation for life.

Nurture a positive view of yourself

Confidence in yourself and your abilities builds resilience

Keep things in perspective

Things aren't always as bad as they seem.

Maintain a hopeful outlook

Take Care of Yourself

Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.