

# Building Resilience Well & Increasing Awareness

LIVING WELL – JANUARY 2021

**JRP**  
BENEFITS. PENSION. HR.

There are numerous events that we all experience throughout our lives that require resilience. Resilience is our ability to recover from setbacks, deal with adversity, trauma, tragedy and significant stress or anxiety. It is how well we bounce back from the difficulties of life and adapt to change. It involves behaviours, thoughts and actions that can developed by anyone.

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Life doesn't get easier or more forgiving,  
we get stronger and more resilient

## resilience BUILDING TIPS



### MAKE CONNECTIONS

Having strong relationships with your family, friends and colleagues are essential. Share, listen and offer to help loved ones. Accept help and support when it is offered to you.



### CHANGE HOW YOU VIEW A PROBLEM

We cannot stop stressful events from occurring, but we can change how we interpret and respond to them. Look beyond the present to how future circumstances may be a little better, remembering that the only thing we can control is our own reactions and decision.



### LOOK FOR OPPORTUNITIES FOR SELF DISCOVERY

We can learn something about ourselves when we experience challenges and struggles. This can include increased self-work and a heightened appreciation for life along with a desire to build stronger relationships.



### TAKE DECISIVE ACTION

Instead of detaching or avoiding a problem by wishing it will go away, take decisive actions towards a resolution.



### KEEP THINGS IN PERSPECTIVE

Try to focus on the long-term perspective when facing painful events and stressful situations.



### MOVE TOWARDS YOUR GOALS

Develop realistic goals and then ask yourself 'What is one thing I know I can accomplish today that will help me move in the direction I want to go'.



### NURTURE POSITIVITY

Believing in your ability to solve problems and trusting your instincts will help you build resilience.



### ACCEPT THAT CHANGE IS A PART OF LIVING

There will be many times when situations will occur that will prevent or delay your plans or goals, work to accept this reality.



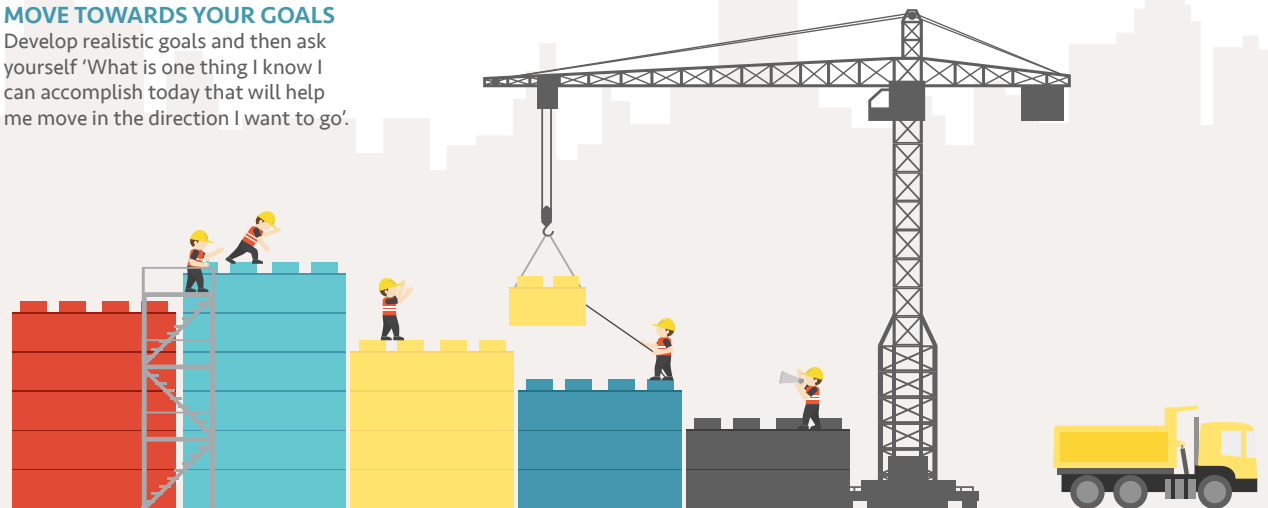
### MAINTAIN A HOPEFUL OUTLOOK

Expect that good things will happen in your life. When things are not going your way, remind yourself that 'this too shall pass'.



### TAKE CARE OF YOURSELF

Do things you enjoy that are relaxing and pay attention to your needs and feelings. Be kind to yourself. Taking care of yourself helps to keep your mind and body ready to deal with situations that require resilience.



Resilience will take time to build. Always try to *focus on your strengths*, not your weaknesses. Pause when you feeling overwhelmed and consider that if you are depressed you are living in the past, if you are anxious you are living in the future, if you are at peace - you are living in the present with resilience.

*Your Benefits. Your Way.®*

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