



## No.7: BUILD YOUR RESILIENCE

Resilience is a person's ability to respond to pressure, the demands of daily life and the ability to cope at times like this, during times of crisis. Dictionary definitions of resilience include concepts like flexibility, durability, strength, speed of recovery and buoyancy. In short, resiliency affects our ability to 'bounce back'.

Some lucky individuals come by these abilities naturally with personality traits that help them remain unflappable in the face of challenge/crisis, and some of us need to work on building our resilience.



At the moment we all need to take some time to focus on the things that can maintain and/or build our resilience. **Tips to build resilience:**

**STAY CONNECTED:** Have a “Skype” lunch with a friend, or chat with friends or family by phone. It’s easy to become consumed by the crisis, but a few minutes spent with your social support network is a valuable resilience boost.

**ASK FOR HELP:** One of the best ways to maintain resilience during a crisis is to resist the temptation to prove how capable you are by “going it alone”. If you are starting to feel overwhelmed, be proactive and **reach out for help. It’s ok to not be ok.** You are not alone!

**EAT, HYDRATE, AND EXERCISE:** Ensure you have healthy foods. Minimise caffeine and sugar since these only provide a temporary boost followed by a significant drop in energy. Make time to exercise even if it's only taking a ten-minute walk, or check out the YMCA Family internet page for some great ideas to maintain your fitness/wellbeing.

**IDENTIFY GOALS:** Many of us assume we know what our goals are during a crisis, but hearing those goals articulated will help ensure that everyone understands and shares the same goals. Remind people often what your shared goals are.

**STAY POSITIVE:** Look for the positive in everything you do and remind family/friends/colleagues what good has happened every day. It's easy to focus on the negative in a crisis so intentionally shift your focus to something more positive.

**ENCOURAGE HUMOUR:** Even though we are in a serious situation, there is still room somewhere to have fun and laugh..

**CHOOSE YOUR RESPONSE:** We have a choice in how we respond to this crisis; we can choose to react negatively or in a panic, or we can choose to remain calm and logical to get through this. Your reaction is always up to you.

**FOCUS ON BEING FLEXIBLE:** Resilient people understand that things change, and that carefully-made plans may, need to be amended or scrapped.

**BUILD YOUR SELF-CONFIDENCE:** Remember, resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses they might be facing. When you develop confidence and a strong sense of self, you have the strength to keep moving forward.

These are not the only ways to strengthen resilience, for example, some people find keeping a journal useful, those with a religious conviction find prayer helpful, and some get strength from practicing mindfulness or meditation.

The key is to identify ways that are likely to **work for you** as part of your own personal strategy to build your resilience.

