

Resilience

The ability to bounce back from acutely stressful situations;
A skill that one must develop, strengthen and maintain
(like lifting weights or playing the piano);
Balancing stressors (i.e., things and activities that deplete us) and sources of strength (i.e., experiences that nourish us) can help us maintain resilience.
Using the following techniques to harness the potential of neuroplasticity while allowing yourself to experience things differently and explore new perspectives.

RESILIENT PEOPLE ARE ABLE TO...

Set Personal
Boundaries

Accept
Uncertainty

Embrace Self-
Reflection

Cultivate
Hobbies and
Personal
Relationships

RESILIENCE-BUILDING & HEALTHY COPING TECHNIQUES

COGNITIVE REFRAMING

Practice recognizing and rewiring unhelpful thought patterns; For example: “I am not doing enough” → “I am doing the best that I can.”
If you’re not sure where to start, try expressive writing: Write freely for 20 minutes about an issue; confronting ideas and giving them structure may lead to new perspectives.

PRACTICE SELF- COMPASSION

3 Components: Self-Kindness (being supportive and understanding to yourself), Mindfulness (recognizing when you are stressed, without judgement) and Connectedness (we are all human, we all make mistakes – you are not alone!). Try the “How Would I Treat a Friend?” Exercise: Next time you’re feeling stressed, ask yourself what advice and words of encouragement you would give a friend.

POSITIVE SELF- TALK

Giving yourself positive affirmations can lead to greater life satisfaction, reduced pain, better cardiovascular health and physical well-being. Try looking in the mirror and telling yourself something positive or hang post-it notes with positive mantras, compliments and affirmations around your home/workspace.

APPRECIATION AND GRATITUDE

Gratitude is a powerful tool for staying optimistic, it improves immune function, lowers stress and risk for mental health. Plus, grateful people have been shown to eat healthier and exercise more! When someone asks about your day, try to think of something positive that happened, or write down a few things each day that make you smile.

SMART GOAL SETTING

Set yourself up for success by setting goals that are: *Specific*: Be clear and focused on what you want. *Measurable*: Ask yourself “How will I know when I have met my goal?” *Achievable*: Make goals that are something YOU can attain. *Realistic*: Ensure your goals are feasible. *Timely*: Set a time frame.

VISUALIZATION

Use imagination, or vision boards to visualize yourself achieving what you aspire and connect to associated feelings. You can also use visualization to connect to feelings of calm or confidence in difficult situations. This technique allows you to gain a sense of control in an uncontrollable situation, and experience feelings associated with your desired outcome.

MINDFULNESS

Purposefully bringing your attention to what you are sensing and feeling in the moment, without judgement. Try the box breathing technique – your breath is always with you! – inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, relax for 4 seconds. Repeat as many times as needed.

LEARN WHEN TO PROBLEM SOLVE

Next time you find yourself in a stressful situation, ask yourself: “What can I reasonably control?” Practice accepting the things that you cannot change and focusing your efforts on controlling things that are in your power. For example, one cannot control the actions or behaviours of others, but we can control our own reactions.