

# RESILIENCE: DO YOU BOUNCE BACK?

*I haven't failed. I've identified 10,000 ways this doesn't work... Thomas Edison*

## WHAT TO KNOW!

- ❖ Resilience is the capability to positively cope with stress and adversity
- ❖ It doesn't make problems go away but it gives you the ability to handle stress better and find some enjoyment in life while having undergone trauma or adversity
- ❖ It is often referred to as "bouncing back" to normal functioning or even better
- ❖ Resilience is referred to as a "hardening" or "steeling" effect in response to stress
- ❖ People are psychologically capable of being hurt and rebounding at the same time
- ❖ Resilient people internalize success and the handling of problems rather than pitying themselves or looking for attention from others
- ❖ Resilient people are able to maintain their independence from troubled others and affiliate with capable and healthier people
- ❖ Resilience can be a coping mechanism; it is described as sustained competency in very challenging conditions such as war, divorce, unemployment, tragedy, etc.
- ❖ Optimism is a strong factor in resilience; it refers to perceiving events and situations positively, to finding positive meaning in experiences, and to believing that one can positively impact a situation
- ❖ Resilience is not a personality trait that people have, rather, it involves thoughts, behaviors, and attitudes that anyone can learn
- ❖ People who are resilient do not allow themselves to be defined by adversity nor do they allow themselves to be seen as victims
- ❖ Resilience can help you cope better with emotional problems and can even strengthen you against depression, anxiety, worry, and loss
- ❖ People who are resilient reject cultural pressures to be victims needing to be cared for
- ❖ A main factor related to promoting resilience is a relationship that provides caring and support, has love and trust, and provides encouragement
- ❖ Other factors related to promoting resiliency include self-confidence, high self esteem, having good communication skills, being realistic, and managing impulses and feelings
- ❖ Additional factors promoting resiliency include having good problem solving skills, a willingness to seek help, believing that there is a solution to the situation, having spirituality, being able to help others, and seeing oneself as a survivor and not a victim
- ❖ Resilient people can reframe a situation and see the cup half full rather than half empty

## WHAT TO DO TO DEVELOP RESILIENCE!

- ❖ Make good relationships and accept help and support from others
- ❖ View problems and crises as situations that will be overcome or end at some point
- ❖ Accept that change occurs; change what you can and accept what you can't
- ❖ Think about the positive meanings and what was learned from the consequences
- ❖ View your self positively and keep things in perspective
- ❖ Challenge your pessimistic thinking and do not listen to the negativity of others
- ❖ Take some actions to feel successful; move towards a better place
- ❖ Remain hopeful and take care of your self by eating properly, sleeping as best you can, and exercising; do not smoke or use drugs and alcohol
- ❖ Help others through community service or charitable work
- ❖ Seek professional help if you feel you are unable to function due to trauma or stress

## **WE CAN HELP!**

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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