

February Newsletter & Tuesday Tip

Krippa Family Psychological & Wellness Services

Rising Above Life's Challenges: 10 Tips for Building Resilience -Stephanie Brekstad, Graduate Intern



What is Resilience?

resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

Hardships and challenges are a part of everyday life. Resilience is a quality that allows individuals to experience these hardships, overcome and rise above them instead of letting it prevent them from moving forward.

Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress (APA, 2020.).

To show reliance requires work and to develop the skills to do so, takes work. There's growing evidence that the elements of resilience can be cultivated.

Psychologists have identified some of the factors that make a person resilient, such as a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Research shows that optimism helps blunt the impact of stress on the mind and body in the wake of disturbing experiences. And that gives people access to their own cognitive resources, enabling cool-headed analysis of what might have gone wrong and consideration of

behavioral paths that might be more productive. (Psychology Today, 2020.).

Factors in Resilience

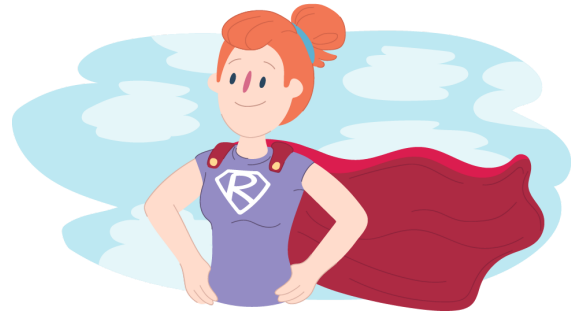
A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family.

Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience.

Several additional factors are associated with resilience, including:

- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

(APA, 2020.)





10 Tips for Building Resilience

1. Make connections. Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Be active in civic groups, faith-based organizations, or other local groups. Assisting others in their time of need also has benefits.

2. Avoid seeing crises as insurmountable problems. There is no way to prevent negative events from happening to us, but we can adjust how we respond in more healthy ways. Try looking beyond the present to how future circumstances may be a little better.

3. Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. Move toward your goals. Develop some realistic goals. Do something

regularly – even if it seems like a small accomplishment – that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

5. Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

6. Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

7. Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience that may be helpful: taking up journaling, trying meditation or spiritual practices.

(APA, 2020).

These strategies are general and it is up to the individual to determine how they would like to use these and adapt them to their life that benefits their needs.

References

American Psychological Association (2020). The road to resilience. , . Retrieved from <https://www.apa.org/helpcenter...>

Psychology Today (2020). Psychology Today. *Resilience*, . Retrieved from <https://www.psychologytoday.com/us/basics/resilience>.

Our Group

At our office we understand the importance of developing these skills, especially in teens/tweens. Our site is now enrolling for our Resilience Skills Group.

Click the link to schedule a phone consultation with Kristin to learn more about our group!

<https://app.acuityscheduling.c...>



KRIPPA FAMILY
PSYCHOLOGICAL & WELLNESS
SERVICES



Resilience Skills Group for Tweens



Thursday, Time TBD Pittsboro, NC
\$50 per meeting
\$200 Deposit



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