

16 Ways to DEVELOPING EMOTIONAL RESILIENCE



Emotional resilience is the ability to adapt to stressful situations and cope with life's ups and downs. The word 'resilience' comes from the Latin 'resilio' meaning to bounce back. Resilience does not eliminate stress or erase life's difficulties, but allows you to tackle or accept problems, live through adversity and move on with life. Biological and social influences make some people seem more 'naturally' resilient than others, but the good news is that everyone can take steps to develop greater personal emotional resilience.

- #1 Know boundaries
- #2 Cultivate self-awareness
- #3 Seek helpful connections
- #4 Practise acceptance
- #5 Practise mindfulness
- #6 Expect to not know all the answers
- #7 Allow yourself to be imperfect
- #8 Allow others to be imperfect
- #9 Practise self-care
- #10 Consider goals, and take realistic steps
- #11 Express yourself
- #12 Keep things in perspective
- #13 Practise optimism
- #14 Notice your warning signs
- #15 Nurture a positive view of yourself.
- #16 Trust yourself

