

Build Your Resilience



Here are 17 proven ways to build resiliency. Mark the strategies you are already using to keep yourself buoyant. Identify new ideas, for your current situation, to add more resiliency to your life.

- 1. Invest in Relationships**
Engage in new social activities. Befriend someone new. Be more positive in the relationships you currently have.
My specific plan: _____
- 2. Provide An Act of Service**
Give yourself in service to others and/or a cause.
My specific plan: _____
- 3. Improve Your Life Skills**
Build skills in decision-making, assertion, impulse control, and/or self-compassion.
My specific plan: _____
- 4. Find Humor**
Let your heart be light. Put a smile on your face. Bring joy and playfulness to your day.
My specific plan: _____
- 5. Build Inner Directedness**
Make choices and decisions based on your own inner evaluation of what's right for you.
My specific plan: _____
- 6. Put Things in Perspective**
Step back and see your life from a distance. Understand others in the context of their own struggle. Offer compassion and grace to yourself and others.
My specific plan: _____
- 7. Be Independent**
Actively distance yourself from unhealthy people and situations. Act with autonomy.
My specific plan: _____
- 8. Take a Positive View of Your Personal Future**
Actively imagine things "going right" for you. Tell your positive story to others.
My specific plan: _____
- 9. Practice Flexibility**
Think in shades of gray, let go of rigidity. Demonstrate a willingness to bend as a way to cope.
My specific plan: _____
- 10. Learn Something New**
Find something new to explore and learn about. Let yourself be curious and invested in a new understanding.
My specific plan: _____
- 11. Practice Self-Motivation**
Take initiative and positively motivate yourself to achieve your personal goals.
My specific plan: _____
- 12. Recognize Your Strengths and Competencies**
Know what you are good at and involve yourself in activities that allow you to live from these strengths.
My specific plan: _____
- 13. Find Ways to Support Your Self-Worth and Confidence**
Talk supportively about yourself internally and externally. Affirm your goodness, skills, and positive intentions.
My specific plan: _____
- 14. Touch Spirituality**
Explore and support your personal faith in something greater than yourself. Practice spiritual attitudes.
My specific plan: _____
- 15. Persevere**
Keep on going in spite of difficulties and challenges. Believe in your dream, hopes, and possibilities.
My specific plan: _____
- 16. Be Creative**
Find ways to express yourself. Play with art in all its forms. Focus on the process rather than the result.
My specific plan: _____
- 17. Practice Gratitude**
Actively identify things for which you are thankful. Name these things out loud to yourself and others.
My specific plan: _____

Resiliency Resources:

American Psychological Association - <http://www.apa.org/practice/programs/campaign/resilience.aspx>

Resiliency in Action, Nan Henderson - <http://www.resiliency.com/what-is-resiliency/>

How People Learn to Become Resilient, M. Konnikova - <https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>



Elsbeth Martindale
CLINICAL PSYCHOLOGIST