

HOW TO BE RESILIENT



Bounce back from setbacks, cope with change and grow through adversity

WHAT IS RESILIENCE?

The American Psychological Association defines **4 characteristics of resilience**:

- Making realistic plans and carrying them out
- Positive view of yourself and your abilities
- Skills in communication & problem solving
- Capacity to manage feelings and impulses

There is a saying in boxing: "Everybody has a plan until they get punched in the face."

Success in life isn't just about making plans; it's about how you respond when your plans go wrong...

You can't control everything, but you can control your response.

Ask yourself:
How is this **affecting** me?
What can I **do** about it?



COPING VS CHANGING

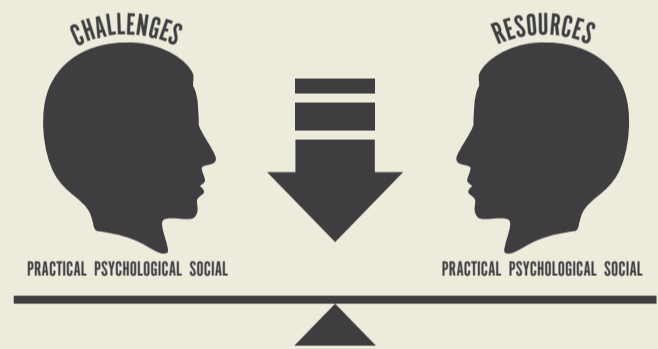
HOW TO COPE

Coping skills can help you get through tough times. You can focus on your feelings, or on managing the situation. Sometimes you can **take action**, to shift your mood or change the situation. Other times you need to **change your mind**, either to feel better, or approach the problem differently.

	In your mind	In the world
Coping	Meditate Try to relax Daydream Focus on the future Ignore your feelings Ignore the situation Have faith	Take exercise Keep busy Treat yourself Do something fun or comforting Do things with or for others Socialise and chat to people Vent your feelings
Changing	Reframe the situation Change your perspective Focus on what's working Think of others worse off Accept it and move on Draw strength from it	Solve the problem Try a new approach Make plans and get control Seek support and advice Work harder Switch to a new problem

Build up your skills, assets and relationships proactively to respond better to challenges.

- **practical resources** - tools, technology, money, time, physical assets
- **psychological resources** - skills, experience, confidence, emotional self-management
- **social resources** - friends, family, colleagues, community, healthy relationships



A MINDSET FOR RESILIENCE?

FIXED MINDSET



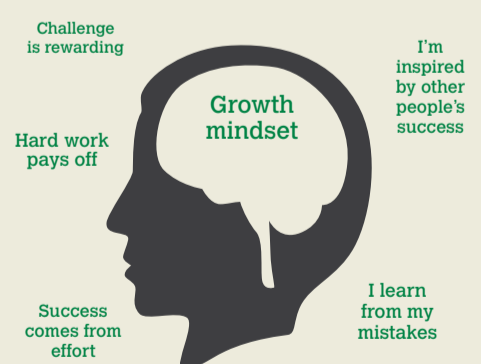
If you believe your abilities are fixed, that you cannot change, or that there is one "right" way for things to be, this can be stressful and exhausting. This "fixed" mindset can leave you struggling with uncertainty.

Focus on what you can control, not what you can't.

Grant me the courage to change the things I can change,
the grace to accept the things I can't,
and the wisdom to know the difference.



GROWTH MINDSET



Instead, focus on what you can learn from adversity, the points when you overcame challenges, and how you have become stronger over time. Cultivate a flexible approach to adapt to new situations and spot fresh opportunities.

This free tip sheet was created by Mindapples to support people during the COVID-19 pandemic. To find out more about our apps, e-learning, webinars, face-to-face training and charitable work, visit www.mindapples.org.