

# **Introduction To Resilience Checklist**

# Table of Contents

What Doesn't Kill Me, Makes Me Stronger .....	1
Breakdown of Resilience .....	2
Why Is Building Resilience Important?.....	3
Mindset – Developing Resilience .....	4
Understanding .....	4
Managing.....	4
Growth .....	4
Other .....	4
Building The Contributing Factors Of Resilience .....	6
Create a Support Network .....	7
Develop a Tolerance.....	7
Develop Decision-Making Skills.....	7
Learn to Let Go .....	7
Take Action .....	8
Search for Lessons .....	8
Build Self-Esteem .....	8
Build Intuition.....	9
Build a Positive Mindset.....	9
Find Hope .....	9
Power Skills Of Resilience .....	10

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## What Doesn't Kill Me, Makes Me Stronger

- ✓ Resilience strengthens your ability to cope with threats, whether they are anticipated or unforeseen.
- ✓ Resilience is heavily related to capacity. It's a broad concept that stretches far beyond plans, resources, and actions.
- ✓ Resilience is two-pronged – a desired outcome and the process resulting in that outcome.
- ✓ Resilience is a skill, and not a trait. This is great news because it means anyone can build resilience, you don't have to be born with it.
- ✓ The straightforward definition of resilience is the ability to anticipate, absorb, and accommodate/recover from an event timely and efficiently. This may include preserving, restoring, or improving existing situations, structures, or functions.

## Breakdown of Resilience

- ✓ **Context**- This is the person, system, or process that is facing interruption. The resilience of what?
- ✓ **Disturbance**- This is the shock or stressor. The resilience to what?
- ✓ **Capacity to Cope**- This includes your exposure to an issue, your sensitivity to it, and your capacity to adapt.
- ✓ **Reaction**- Your reaction to the disturbance is the impulse to survive and cope, to recover and learn, and to transform. Your capacity to deal with an issue forms your reaction to it – it influences your ability to bounce back.

## Why Is Building Resilience Important?

- ✓ It is going to improve your quality of life. The higher your levels of resilience, the better your psychological and physical health will be.
- ✓ Resilient people are less likely to experience symptoms of anxiety and depression and manage most facets of their life more efficiently. There is the added benefit of healthier relationships as well.
- ✓ One of the key aspects of resilience is the ability to understand and control your emotions, which is going to naturally improve how you related to others and thus make your relationships stronger (and healthier).
- ✓ Essentially, resilience helps people view their situations differently. We waste a lot of energy trying to control things that we have no influence over and letting go of what we do have control over.
- ✓ Resilience improves your ability to bounce back, to control what you can, and let go of the rest.
- ✓ With resilience, you learn about yourself and start to get a clearer view of what you value.

# Mindset – Developing Resilience

## Understanding

- ✓ At this stage, you invest your energy into learning about the situation you are facing. If you are dealing with a health diagnosis, then this is the research stage where you set out to learn as much as possible. If you are dealing with change, you will still embark on a research project, it will just be shaped by the situation you are dealing with.
- ✓ The first stage is important because it sets the scene for the next two steps.

## Managing

- ✓ In this step, you begin to learn new behaviors and coping strategies.
- ✓ You discover what it looks like to take care of yourself properly, from your physical and mental health to your social and financial health.
- ✓ You learn new ways to manage stress and deal with the unpredictability of life.

## Growth

- ✓ This is when the experience starts to shift your priorities.
- ✓ You now understand what is going on, you are learning how to manage it, and now you are growing into your new reality.
- ✓ Often, this is when resilient people start to notice how grateful they are for everything in their life.
- ✓ Gratitude has a large role to play in resilience.

## Other

- A positive view of yourself.

- Feeling secure in your strengths, skills, and ability to deal with difficult situations.
- Being a strong communicator.
- Being a strong problem-solver.
- Maintaining a never say die attitude.
- A strong decision-making ability.
- The ability to put together plans and follow through.
- The ability to see the bigger picture.



# Building The Contributing Factors Of Resilience

## Adversity

- ✓ Adversity is the building block of resilience. When obstacles, setbacks and challenges arise and they always will in life, it is how you view, and face these challenges that either builds your resilience or not.
- ✓ Those who lay down and die in the face of challenges are missing some of the greatest opportunities in life, including personal growth, inner strength, belief in the self and building the skill of resilience, which benefits of all facets of life and self.
- ✓ When you change your mindset to view adversity as a gift, instead of something negative, you can then begin to reap all the rewards that it provides.
- ✓ Those who have faced and overcome the greatest of struggles are those who are the strongest and most positive people. They see the silver lining in all obstacles and setbacks. They know they can face anything and attain their goals, and even through the hardest of challenges, they find solutions and the resolve to keep going and are confident in their ability to face anything that comes their way.
- ✓ Those who are resilient, use past adversity to keep them going in current and future struggles. Their experiences of adversity actually lift them up, make them stronger and give them the peace of mind they need to trust that they can face any challenge that comes their way.

## **Create a Support Network**

- ✓ You have to be proactive about building a strong support network with people you trust and are close to. Think of your support network as a circle of trust.

## **Develop a Tolerance**

- ✓ Build a tolerance for discomfort. Get out of your comfort zone.
- ✓ Instead of reacting to adversity with hopelessness, you have to build your skill of viewing a situation as something that can be repaired.
- ✓ You cannot control what challenges life throws your way, but what you can control is how you respond to those challenges.

## **Develop Decision-Making Skills**

- ✓ Decisiveness is an important skill and it's key to building resilience. The only way to build your decision-making skills is to practice daily.
- ✓ Be mindful of every decision you make and notice just how often you easily make decisions. This will help you tackle the bigger decisions you fear.

## **Learn to Let Go**

- ✓ You don't control everything – you can't.
- ✓ There is nothing more important than learning to let go and just going with the flow.
- ✓ When you can't control something, you cannot stress. Control what you can and let the rest go. Change is a part of life and it's going to help you build resilience.

## **Take Action**

- ✓ You can't sit back on your laurels. You can't ignore a problem; you can't ignore adversity. Ignoring adversity just makes everything worse.
- ✓ You have to take action. If you feel a fire burning inside you and you jump into action to make a plan, but don't do anything to execute your plan... then you've wasted your time and energy.
- ✓ Action and execution are key.

## **Search for Lessons**

- ✓ When you are dealing with hardship or adversity, you have to actively look for the lesson.
- ✓ Adversity is something hiding a wonderful opportunity and there is always a chance to learn more about yourself.
- ✓ Resilience is a chance to develop new strengths and skills that will lead to an improvement in your life in the long-term.

## **Build Self-Esteem**

- ✓ If you hold negative views of yourself, then you have to change that.
- ✓ Focus on finding your strengths. You can pinpoint areas that require work because that will help you build your confidence and increase your self-esteem.
- ✓ Ultimately, knowing your strengths and skills will help you build your self-esteem, thus increasing your resilience.

## **Build Intuition**

- ✓ Can you still hear your inner voice? Or, is it drowned out by the voices around you?
- ✓ It's difficult to trust your instincts when your inner voice is constantly being drowned out.
- ✓ Tap into your inner voice and start listening to your intuition. When you follow your instincts, it's difficult to go wrong.

## **Build a Positive Mindset**

- ✓ Do you complain a lot? You might view that as blowing off steam and sometimes you are justified to do so. However, if you have a tendency to complain constantly and you see the cup as half empty rather than half full, then you need to snap yourself out of it.
- ✓ You have to build a positive mindset.
- ✓ The best way to do that is to take a break daily to look at your life and make a note of what you are grateful for.
- ✓ There's a lot to be thankful for if you just look. It will help you change your mindset and learn to look at the positives.

## **Find Hope**

- ✓ The circumstances of life change constantly. Hope is what keeps you going
- ✓ When you are faced with adversity, hope that you can overcome keeps you strong enough and capable enough to guide yourself out of it.
- ✓ Adversity isn't permanent, it's a temporary state that you can overcome. Even when you walk through what feels like the darkest of tunnels, there will always be the light of hope creeping in.

## Power Skills Of Resilience

- ✓ Inner Strength
- ✓ Optimism And Positive Thinking
- ✓ Adaptability And Acceptance
- ✓ Emotional Control
- ✓ Trusting Yourself
- ✓ Fortitude
- ✓ Strong Problem-Solving Skills
- ✓ No Victim Mentality