DEVELOPING MY RESILIENCE

WORKBOOK AND JOURNAL

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Introduction

What is resilience?

The Dictionary defines resilience as,

"the capacity to withstand or to recover quickly from difficulties; toughness."

Wikipedia says,

"Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly."

According to Psychology Today,

"Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands."

Mayo Clinic says,

"When you have resilience, you harness the inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse, eating disorders or risky behaviors. Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop and learn skills to become more resilient."

Resilience is an important quality to have in life, as it allows you to bounce back from setbacks and continue on with your life. Simply put, resilience is the ability to recover from or adjust easily to adversity or change. It's that inner strength that allows us to pick ourselves up after a setback and keep going. And it's a quality that can be learned and developed over time.

Benefits Of Resilience

Improved Mental Health

This is because resilient people are better able to cope with stress and setbacks. They're less likely to experience anxiety and depression and more likely to have a positive outlook on life.

Greater Life Satisfaction

This is because resilient people are able to overcome obstacles and achieve their goals. They don't let setbacks get in their way and they persevere even when times are tough.

Better Physical Health

This is because resilient people are less likely to experience stress-related illnesses such as headaches, stomach problems, and heart disease.

Stronger Relationships

Resilient people also tend to have stronger relationships than non-resilient people. This is because they're able to effectively communicate their needs and manage conflict in a healthy way. They're also more supportive and understanding during difficult times.

Greater Success In Life

Those who are resilient are better able to deal with stress and adversity. They are also more adaptable, flexible, and resourceful. This allows them to more effectively overcome challenges and achieve their goals. In addition, resilient people tend to be more positive and have higher levels of self-efficacy. They believe in themselves and their ability to overcome obstacles. As a result, they are more likely to take risks and pursue their dreams.

Improved Work Performance

In today's fast-paced, ever-changing world, the ability to adapt and persevere in the face of challenges is more important than ever. resilient employees are able to take setbacks in their stride and continue working towards their goals regardless of obstacles.

They are also more creative and innovative because they are not afraid to experiment and take risks. As a result, companies that invest in developing their employees' resilience reap the rewards in terms of increased productivity and profitability.

Using This Workbook

This workbook is meant for reflection and self-exploration and analysis. The prompts will help you explore and discover yourself in reference to your resilience.

Take your time and be thoughtful in your answers. The answers will provide you with key insights that you can use to develop your resilience and to grow as a persona overall.

What is the most challenging situation I have gone through? How did I overcome it?

What has helped me to bounce back from adversity in the past?

What are my strengths? How do my strengths help me through tough times?

Do I believe I am resilient?

Yes_____ No _____

Explain your answer:

What are my best coping skills during challenging times?

Where am I weak in coping during challenging times?

Who can I/do I turn to during times of struggle?

How has my support system helped me deal with struggles in the past?

How do I process my feelings during times of struggle?

In what ways can I challenge myself to step outside of my comfort zone?

How have my past struggles shaped me?

What are the positive effects of my past struggles?

Write about your inner strength.

Write about your grit and perseverance.

Grit – "firmness of mind or spirit: unyielding courage in the face of hardship or danger"

Perseverance – "persistence in doing something despite difficulty or delay in achieving success."

List 5 ways in which you can use challenges and struggles to grow as a person.

List 5 lessons you have learned from past setbacks and challenges.

Reflect on the following components of resilience as they apply to you.

For example, you can say never use it, or it's something you need to work on or elaborate on how one or all have helped you before, etc.

Emotional Regulation

- Balance to keep your ship steady while you sail through a storm
- Remain calm and composed
- Healthy coping with negative emotions
- Prevent a melt down
- Act from a place of self-confidence
- Avoids emotions dictating your decisions
- Prevents self-destructive choices
- Function from a place of peace
- Positive mood even during times of struggle

No Self-Judgement - The Self-Supportive Mindset

- Allows you to be in control of your own life
- Gives you a sense of accomplishment
- Self-compassion
- Decisions and choices that are pro self
- Being proactive in seeking the best possible outcomes in your own favor
- Keeps you strong while you navigate challenges

Healthy Coping Skills And Being Solution Oriented

- Managing stress
- Regulating emotions
- Problem solving
- Analyzing situations with objectivity
- Being solution oriented versus problem oriented
- Optimistic attitude
- Taking action to get results
- Being aware of and taking action behind things you can control

Adaptability and Flexibility

- The ability to change in order to better deal with a situation or problem
- Ability to adjust to changing situations and environment
- Better able to cope with stress and setbacks
- Take advantage of opportunities that come our way
- Open to new ideas and different perspectives
- Ability to let go of that which is no longer working
- Being resourceful
- Being able to change your behavior or thinking in order to suit a new situation or environment.
- Willing to try new things and go with the flow even when things don't go as planned.

Strong Relationships

- Support system
- Not feeling isolated or alone during tough times
- Advice and suggestions for moving forward

The Power Of Agency

- The capacity of individuals to act independently and shape their life circumstances
- Feel like you are in control of your life
- Feel free to make choices
- Make proactive choices and decisions
- Self-determination
- Self-efficacy
- Motivation to take action

Patience - The Never Quit Attitude - Let Go Of The Need For Instant Gratification

- Come out the other side no matter how long or what it takes
- More likely to make decisions that are in your best interest
- Develop grit and determination
- Ability to push through difficult situations with patience
- Forgo instant gratification in lieu of a best result
- Not giving up when we don't see results "fast enough"

Finish the following thoughts

I dread something bad happening because...

I get frustrated when facing challenges because…

The last time I faced struggles I had difficulties with…

I want to be strong in face of adversity because...

I think my coping skills are...

My support system is...

I think asking for help is…

My strengths that help me through challenging times are...

My weaknesses that work against me through challenging times are...

What helps me to bounce back from adversity is...

I think failure is....

Failure has taught me...

I am afraid to feel fear because…

I am afraid of facing challenges because…

I want to challenge myself to be more...

I cope with struggles by...

In regard to my past struggles, I am proud of myself because...

In regard to my past struggles, I wish I was...

When I am facing a difficult time and dealing with setbacks or challenges I am afraid that...

I believe that adversity and facing challenges makes me better because…

Final Conclusions

Now that you have finished the workbook it's time to assess and write your final conclusions.

For example: What have you learned about yourself? What issues do you have in terms of resilience and dealing with life's challenges? What do you need to work on in regard to your resilience or any other issues that have come up? What answers surprised you?

My Plan

Now that you have analyzed your answers and determined your conclusions, make a plan on how you will address any issues you need to work on and how you will develop those areas of resilience where you are lacking.

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