

Building Resilience Through Self-Care

Resilience is defined as how well we deal with and bounce back from the difficulties of life. Resilience can be built and maintained within our lives in ten ways:

- 1- **By Finding Purpose In Our Lives:** Build a support system of loved ones; lead a healthy lifestyle; set priorities.
- 2- **By believing in ourselves and our capabilities:** Have confidence in your own ability to cope with the stresses of life.
- 3- **By developing a social network:** Rely on your faith, your support systems, your church group, your family, and friends, plus your daily “walks and talks” with God.
- 4- **By embracing change:** Learning how to be more adaptable and flexible through challenging times.
- 5- **By being optimistic:** Use positive thinking, which means understanding that setbacks in life are temporary and that you have skills and abilities to combat the changes you face.
- 6- **By nurturing yourself:** Take care of your own needs, as the BEST thing you can do for anyone you love is to take care of yourself first. That is self-responsibility, NOT being selfish!
- 7- **By developing problem-solving skills:** Learning to problem-solve prepares you to cope more productively with stress and serious challenges when they occur.
- 8- **By establishing goals:** Resilient people can set realistic goals to deal with problems when they occur.
- 9- **By taking personal action:** Don’t wait for a problem to go away; start working on a solution immediately!
- 10- **By committing to build self-care skills over time:** Practice your successful skills to build resilience. What has worked in the past? What are your strengths that you can build on and use successfully?

Acknowledgements:

- *Replenishing our Spiritual life and soul through practicing and utilizing “Fruits of the Spirit,” will also build resilience through self-care. (Galatians Chapter 5)*
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