

# Resilience



Resilient people are aware of situations, their own emotional reactions, and the behaviour of those around them. By remaining aware, they can maintain control of a situation and think of new ways to tackle problems.

## **Negative response to stress:**

Thinking about the F.E.A.R. - future, uncontrolled, negative outcomes.

## **Positive response to stress:**

Thinking about the present - controlled - positive outcomes.

Ask yourself constantly:

“What is the next right action I can take?”

## **Seven Skills of Resilience**

- Principle 1: Cultivate a Belief in Your Ability to Cope;
- Principle 2: Stay Connected With Sources of Support;
- Principle 3: Talk About What You're Going Through;
- Principle 4: Be Helpful to Others;
- Principle 5: Activate Positive Emotion,;
- Principle 6: Cultivate an Attitude of Survivorship;
- Principle 7: Seek meaning.