

## 10 Top Tips 'Building Resilience'

1. **Experience positive emotions.** Include a large spectrum of 'feel good' feelings and emotions such as pleasure, contentment, joy, amusement, fun-loving, awe and so on. People that experience these emotions more frequently tend to be more resilient.
2. **Learn optimism.** Optimism is our capacity to accentuate the positive in life, to see 'the bright side'.
3. **Use humour.** Many survivors of difficult circumstances have cited humour as one of the tools that has helped them to 'get through'.
4. **Think flexibly.** Our capacity to adapt our thinking to the situation at hand is called cognitive flexibility - being able to take another's point of view, seeing things from a different perspective, seeing difficulties as challenges. People who practice cognitive flexibility are more resilient.
5. **Practice acceptance.** Being able to recognize that there are sometimes problems without solutions and events with no reason or no inherent meaning is called acceptance. Without acceptance, we can get stuck on the 'why' circle, instead of the 'what do I do now'.
6. **Practice altruism.** Simply put, altruism is demonstrated charity and the act of giving to others. Being absorbed in the positive experience of altruism lifts a person outside problems of daily life and can help a person enjoy meaning.
7. **Social support.** Being able to call on social networks and having support available is a large factor for resilience. We do not need to be able to 'do it all ourselves'.
8. **Role models.** Can be both positive and negative - we can be inspired by others to action by witnessing what they do. Alternatively, we can witness others and decide not to be like them or do what they do. Think about your role models and how they can help you foster your resilience.
9. **Think about your coping style.** The most well-known stress strategies are social seeking, problem engagement (finding a practical solution) and problem avoidance. The first two coping strategies are more effective.
10. **Emotional regulation.** This is the capacity to deal with our emotions as they arise - being able to 'self-soothe' for example. Being in charge of our emotions ensures that we do not stay overwhelmed and can 'bounce back' or move on.