

**Resilience training** focuses on four areas, including emotional, cognitive and mental, physical, and spiritual **resilience**. **Training** in these areas can improve your resiliency, enhance your quality of life, and decrease your stress and anxiety by teaching you to view life's inevitable challenges as opportunities. May 5, 2018

Resilience is your ability to adapt well and recover quickly after stress, adversity, trauma or tragedy. If you have a resilient disposition, you are better able to maintain poise and a healthy level of physical and psychological wellness in the face of life's challenges. If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression.

You can develop resilience by learning to train your attention on more-positive aspects of your life. You use purposeful, trained attention to decrease negative thoughts in your mind and bring greater focus on the most meaningful aspect of an experience.

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## Resilience training - Mayo Clinic

[www.mayoclinic.org](http://www.mayoclinic.org) › [resilience-training](#) › [about](#) › [pac-20394943](#)

1.

What are the 5 skills of resilience?

### **Five Key Stress Resilience Skills**

- Self-awareness.
- Attention – flexibility & stability of focus.
- Letting go (1) – physical.
- Letting go (2) – mental.
- Accessing & sustaining positive emotion.

## Tips to improve your resilience

If you'd like to become more resilient, consider these tips:

- **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in both good times and bad. Establish other important connections by volunteering or joining a faith or spiritual community.
- **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning.
- **Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through rough times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.
- **Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- **Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.
- **Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

For a leadership perspective on resilience, this Inc. article from Successful Culture founder and CEO Marissa Levin identifies four of her favorite recent books on resilience:

1. *The Four Agreements* by Don Miguel Ruiz ([Amazon](#))
2. *The Untethered Soul* by Michael Singer ([Amazon](#))
3. *Rising Strong* by Brene Brown ([Amazon](#))
4. *The Five Levels of Attachment* by Don Miguel Ruiz ([Amazon](#))

For a mindful perspective on the best resilience books, check out **this piece** from the staff at Mindful.org. They recommend these six books:

1. *The Power of Off: The Mindful Way to Stay Sane in a Virtual World* by Nancy Colier ([Amazon](#))

2. *Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience* by Christopher Willard ([Amazon](#))
3. *Drawing Your Own Path: 33 Practices at the Crossroads of Art and Meditation* by John F. Simon, Jr. ([Amazon](#))
4. *Hello, Bicycle: An Inspired Guide to the Two-Wheeled Life* by Anna Brones ([Amazon](#))
5. *Tribe: On Homecoming and Belonging* by Sebastian Junger ([Amazon](#))
6. *The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life* by Lynn Rossy ([Amazon](#))

How do you build resilience?

### **Build Your Resilience in the Workplace**

1. Get enough sleep and exercise, and learn to manage stress. ...
2. Practice thought awareness . ...
3. Practice Cognitive Restructuring to change the way that you think about negative situations and bad events.
4. Learn from your mistakes and failures. ...
5. Choose your response. ...
6. Maintain perspective.

## **Build Your Resilience in the Workplace**

The good news is that even if you're not a naturally resilient person, you can learn to develop a resilient mindset and attitude. To do so, incorporate the following into your daily life:

- Get enough [sleep](#) and exercise, and learn to manage stress. When you take care of your mind and body, you're better able to cope effectively with challenges in your life.
- Practice [thought awareness](#) . Resilient people don't let negative thoughts derail their efforts. Instead, they consistently practice positive thinking. Also, "listen" to how you talk to yourself when something goes wrong – if you find yourself making statements that are [permanent, pervasive or personalized](#), correct these thoughts in your mind.
- Practice [Cognitive Restructuring](#) to change the way that you think about negative situations and bad events.

- Learn from your mistakes and failures. Every mistake has the power to teach you something important; so don't stop searching until you've found the lesson in every situation. Also, make sure that you understand the idea of "[post-traumatic growth](#)" – there can be real truth in the saying that "if it doesn't kill you, it makes you stronger."
- Choose your response. Remember, we all experience bad days and we all go through our share of crises. But we have a choice in how we respond; we can choose to react negatively or in a panic, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you.
- Maintain perspective. Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion.
- If you don't already, learn to set [SMART, effective personal goals](#) – it's incredibly important to set and achieve goals that match your [values](#) , and to learn from your experiences.
- Build your [self confidence](#) . Remember, resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses that they might be facing. This belief in themselves also enables them to take risks: when you develop confidence and a strong sense of self, you have the strength to keep moving forward, and to take the risks you need to get ahead.
- Develop [strong relationships](#) with your colleagues. People who have strong connections at work are more resistant to stress, and they're happier in their role. This also goes for your personal life: the more real friendships you develop, the more resilient you're going to be, because you have a strong support network to fall back on. (Remember that treating people with compassion and [empathy](#) is very important here.)
- Focus on being flexible. Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped.

## Key Points

Resilience is the ability to bounce back when things don't go as planned. According to psychologist, Susan Kobasa, there are three main elements that resilient people possess. These are challenge, commitment, and control.

You can develop resilience in several ways. First, take care to exercise regularly and get enough sleep, so that you can control stress more easily. The stronger you feel physically and emotionally, the easier it is for you to overcome challenges.

Focus on thinking positively, and try to learn from the mistakes you make. Build strong relationships with colleagues and friends, so that you have a support network to fall back on. Also, set specific and achievable personal goals that match your values, and work on building your self-confidence.

What are the six competencies of resilience?

The six resilience competencies outlined by the program are **self-awareness**, self-regulation, optimism, mental agility, strengths of character and connection

What are the 7 C's of resilience?

### **The Seven C's of Resilience**

- Control. Provide opportunities which lend a sense of control. ...
- Competence. Help a young person feel more competent by helping her identify how she is handling her challenges and already coping. ...
- Coping. ...
- Confidence. ...
- Connection. ...
- Character. ...
- Contribution.

1. Being connected to others. Relationships that can provide support and caring are one of the primary factors in [resilience](#). Having a number of these relationships, both within and outside of the family, that offer love, encouragement, and reassurance can build and support resilience, by developing new friendships, for instance.
2. Being flexible. By definition, it is a key component of resilience and one of the primary factors in emotional adjustment and maturity. This requires that

an individual be flexible in his thinking and his actions, such as by trying something new.

3. Being able to make realistic plans and take action to carry them out. Being able to see what is, rather than what you would like is a part of this skill. Being proactive rather than reactive and [assertive](#) rather than aggressive or passive are components of this skill, for example taking a Red Cross course in CPR and First Aid.
4. Being able to communicate well with others and problem-solve both individually and with others. This includes basic communication, listening, and problem-solving skills, such as by working as a team member within your community.
5. Being able to manage strong feelings. This requires being able to take action without being impulsive and responding out of emotion. It also encompasses the ability to put emotions aside when clear thinking and action are required. Being able to use thinking as a way of managing one's emotions is a key component of this skill. For example, when you're angry or hurt, think before you act.
6. Being self-confident. Having a positive [self-image](#) is critical if a person is to be able to confront and manage [fear](#) and [anxiety](#) in his or her life, such as by helping someone else.
7. Being able to find purpose and meaning. Being able to make sense out of what is happening and to find meaning in it is critical if one is to be able to manage the feelings that are aroused in a crisis. [Spiritual](#) and religious practices are often a component of this factor, including acting on one's values.
8. Being able to see the big picture. This factor is often closely aligned with #7 and #5. Optimists in general are better able to see the bigger picture than pessimists. They are more likely to see good and bad events occurring in their life being temporary rather than permanent. This, too, will pass. They are also more likely to see events as having a specific impact on certain areas of their life rather than having a pervasive impact on their entire life or their future. Last of all, they are less likely to blame themselves or someone else for the hard times. Optimists avoid the blame game. They hold themselves and others accountable without the emotional dose of blame.
9. Being able to appreciate and use [humor](#) appropriately. Whether humor is "sick" or "dark" often depends on the setting. [Laughter](#) may have healing powers. For example, if you're not feeling well, watch a funny movie.

10. Being able to take care of yourself, e.g., [diet](#), exercise, financial health, etc. First responders and health care professionals are often major offenders in this area. They often assume that the rules do not apply to them, but they do. Make a [SMART Plan](#) for exercise.
11. Being able to care for others physically and emotionally. Occupations and volunteer activities that involve caring for others can often build resilience, by volunteering in a shelter or a food bank, for instance.