

## Building Your Resilience

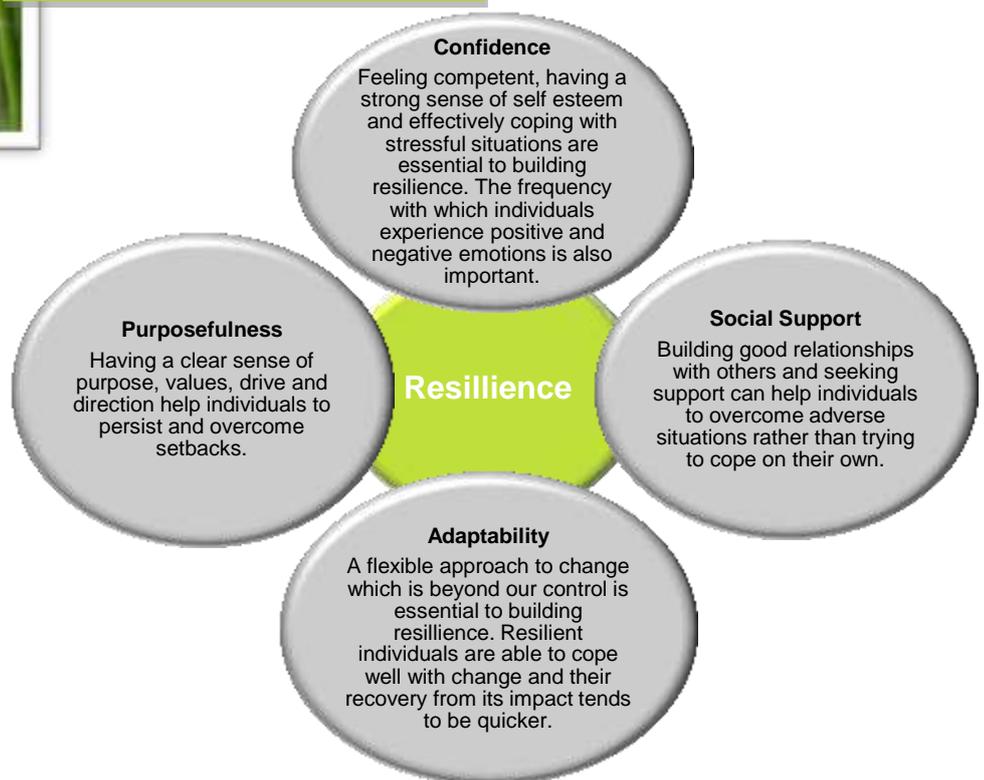
Building your personal resilience plays an important role in both preventing and managing stress.

*Resilience refers to your ability to bounce back from adversity or challenge in order to achieve valued outcomes.*

Resilience is more than just stress management. It is about building your personal resources so that you can feel more flexible, optimistic and in control of your environment.



Like the bamboo, personal resilience involves adapting to the demands of your environment.



### Understanding that Setbacks are Part of Life:

Another characteristic of resilience is the understanding that life is full of challenges. While you cannot avoid many of these problems, you can remain open and flexible. Over time, you may even begin to welcome the challenges that such opportunities present.



**Strategic Resilience:**

- Take a step back and break the problem down into smaller more manageable components.
- Focus on the progress you are making rather than being disheartened by the work that still has to be done.
- Identify your strengths in every new situation and build your self-confidence
- Learn from your mistakes rather than wish them away