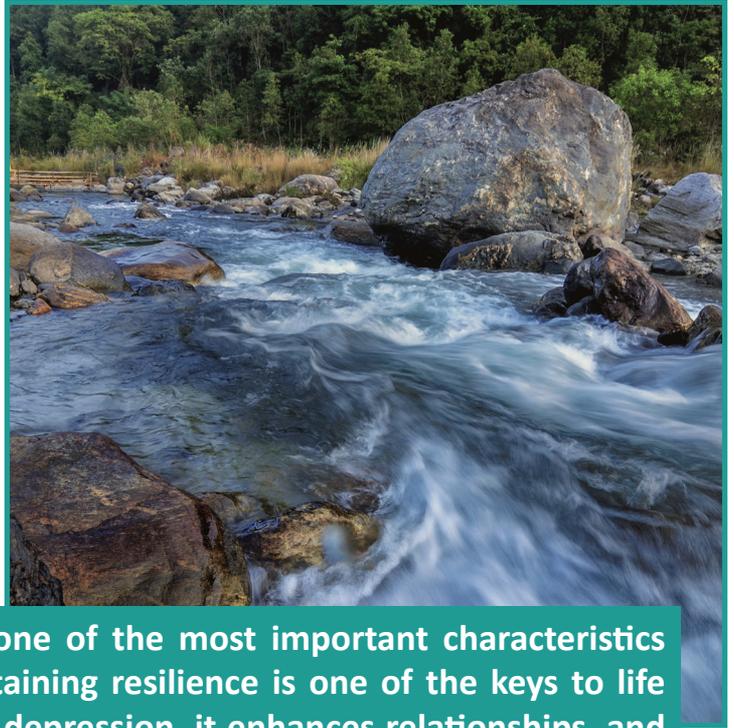


Raising your resilience



Strength in the face of adversity is one of the most important characteristics a person can have. Building and sustaining resilience is one of the keys to life satisfaction. Resilience helps prevent depression, it enhances relationships, and enables us to deal with sudden and unexpected challenges. It also safeguards against long-term difficulties.

Resilience is also an integral part of leadership and management. When things go wrong, and success is marred by slips and hiccups, having a level of resilience to adapt and respond to business disruptions is essential in today's job market.

Resilience is not something that you are born with. Resilience is a learned trait. It is built-up as people grow up, gain better thinking, knowledge, and self-management skills. The term 'resilience' is best encapsulated by American clinical psychologist Dr Timothy Sharp: "Resilience is falling down seven times, and getting up eight."

Resilience changes over time and is heavily influenced by a person's environment. It fluctuates depending on how much a person nurtures internal resources or coping strategies. Some people are more resilient in their personal relationships, while others exhibit strong resilience in their work life. However, it is important to note that people can build resilience and promote the foundations of resilience in any aspect of life they choose.

How can I build resilience?

Developing resilience is a personal journey. People do not all react the same way to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies, and some variations maybe constrained by social and cultural differences.

Some people tend to be more resilient by nature, but, like most things, resilience is a trait which can be developed. The following are ways of doing so:

- Cultivate strong relationships.
- Develop a positive and optimistic outlook.
- Learn from the past.
- Be proactive.
- Look after yourself.
- Accept changes as part of everyday life.
- Nurture your self-confidence.
- Be flexible.

Lastly: be kind to yourself.