



Resiliency

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How well do you handle life's challenges? Do you manage stress well or become easily overwhelmed? Resiliency is known as the ability to withstand mental or physical stress. Below are 10 ways to enhance your resiliency.

1. **Find a Sense of Purpose:** Purposefully engaging in activities that allows you to feel connected to something larger than yourself, for the greater good, can result in deep personal gratitude.
2. **Believe in Your Abilities:** It's okay and healthy to be your own biggest and best cheerleader! Work on your strengths and have confidence in your own abilities to get things done!
3. **Develop a Strong Social Network:** Fellowship is essential—we flourish when we have trustworthy, supportive and encouraging friends, family and co-workers, with whom we can get share and bounce things off.
4. **Embrace Change:** The more flexible we are, the better and faster we can adapt to life's changes and challenges.
5. **Be Optimistic:** Having a positive mental attitude allows you to have a more favorable view on life circumstances and will lead you to expect more positive outcomes.
6. **Nurture Yourself:** This is an absolute necessity! Cultivate deeper appreciation and love for yourself, mind and body, via exercise, vacation, massages, catnaps, breaks from social media, or creating a gratitude journal (to name a few).
7. **Develop Problem-Solving Skills:** We are constantly problem-solving! And the better our skills, the easier our lives are. Whether the daily mundane or larger, more complex issues, we truly are well-prepared to tackle anything!
8. **Establish Goals:** Create SMART goals: Specific, Measurable, Attainable, Realistic and Time-Bound. Once developed, track your progress and re-assess as needed.
9. **Take Action:** You may need to take a few hours or days to contemplate next steps, but then take control of the situation and get started on resolving the issue at hand.
10. **Keep Working on Your Skills:** Keep a mental rolodex of what works for you, continue to build upon your strengths and time-proven methods, which will help you endure the race set before you.

Maya Angelou said it best: “Do the best you can until you know better. Then when you know better, do better.”

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