

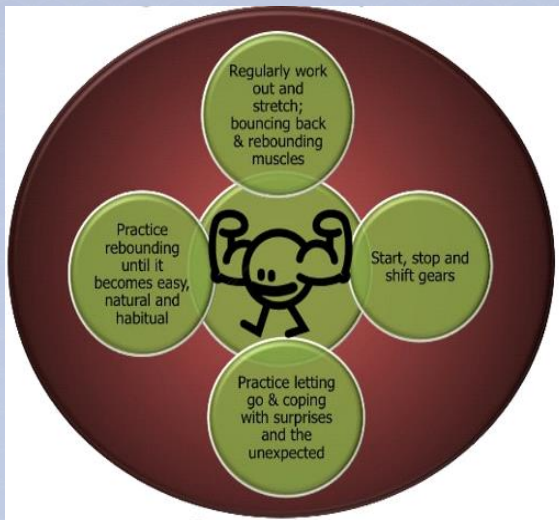


Readiness and Deployment Committee – Behavioral Health Team Practicing Wellness-OCT 2020

Resilience Strategies and Traits

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Carl Jung stated "I am not what happened to me. I am what I choose to become".

Building Resilience Muscles





Resiliency Strategies



"Resilient people do let adversity to define them. They instead find resiliency by moving towards a goal beyond themselves, transcending pain and grief by perceiving bad times as a temporary state of affairs"

Traits for Emotional Resilience

- *Understand Boundaries – separate self-identity from cause of suffering
- *Keep Good Company – surrounding oneself with other resilient people
- *Practice Acceptance – leaning into experience range of emotions and trust to bounce back
- *Sit in Silence, Avoiding Distractions and Practicing Mindfulness
- *Consider Possibilities – Knowing that today's interpretation can and will change, provides faith and hope that things can feel better tomorrow
- *Enlist Help/Support from Networks
- *Possess a Menu of Self-Care Habits – good habits for support when needed
- *Find strength knowing that is okay to not have all the answers right now

Resilience: Be A  Not An  (#BounceBack)

References

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Waters, B. (2013). 10 traits of emotionally resilient people. Retrieved from <https://www.psychologytoday.com/us/blog/design-your-path/201305/10-traits-emotionally-resilient-people>