

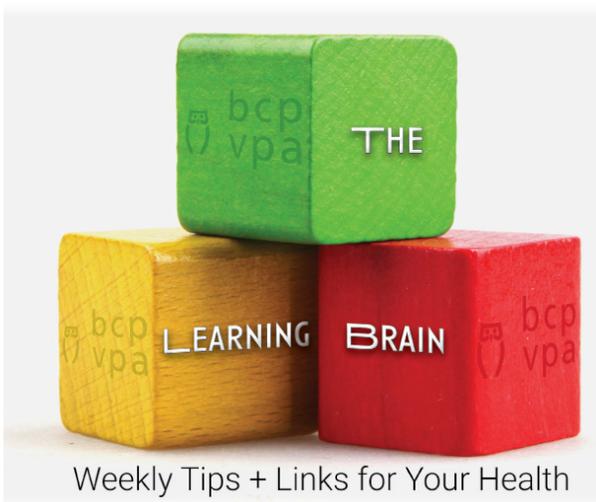
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THE LEARNING BRAIN

Each week in BCPVPA eNews, we share tips, links and self-assessment tools that will help our members to better understand the mental health continuum, and to use the resources that are available.
bcpvpa.bc.ca/thelearningbrain

Friday February 28, 2020

THE BUILDING BLOCKS OF RESILIENCE



Benefits of Resilience



What are the benefits of **resilience**? Well, resilient people:

- Adapt better in the face of life challenges
- Have healthier, positive relationships
- Are more efficient and happier at work
- Experience more positive emotions
- Have a reduced risk of sliding to the injured/ill side of the mental health continuum
- Are likely to have a healthier immune system
- Tend to report more satisfaction with life

Being resilient doesn't mean that a person won't experience difficulty or distress. In fact, the road to resilience is likely to involve considerable emotional distress.

While certain factors might make some individuals more resilient than others, resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts and actions that anyone can learn and develop.

Like building a muscle, increasing your resilience takes time and intentionality.

Source: <https://www.apa.org/topics/resilience>

Did you take the quiz? How resilient are you?

<https://www.theresilientmind.life/test/resiliency-quiz/>

Be sure to watch and share this four-minute video that does a great job of summarizing resilience:

<https://www.youtube.com/watch?v=GLAdRgft7pU>

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.

Source: <https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

For more context check out:

<https://www.stressresilientmind.co.uk/articles/five-key-stress-resilience-skills>

As well, remember our tips last week on **Positive Psychology**: that's another way to power up your resilience.

For me, when I am feeling down and need to energize my resilience, I dance! (In my living room, where only my cats can see me!). Just like this character in one of my favourite Pixar's short film, who shows what "bouncing back" is all about: <https://www.youtube.com/watch?v=7WYR4AqRweY>

So: what do YOU do to energize your own resilience?



We'll be posing that question on Twitter and Instagram this week
Follow [@bcpvpa](https://twitter.com/bcpvpa) to read, engage, share and comment!

Next week
Self Care