

# October Building Resilience

Resilience is defined as “the process of adapting well in the face of adversity and sources of stress” and “persevering through and bouncing back from difficult situations”.



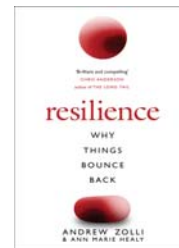
## IMPORTANT!

Every person’s level of resilience is different. It is shaped by factors such as self-esteem, mental health, past exposure to trauma and struggle, access to support from family and friends, and coping skills. Because of this, a negative situation that may be unimportant to one person may be devastating to another. **But resilience is a skill that can be learned and strengthened.**

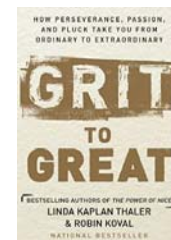
### 6 Steps to Resilience – American Psychological Association

1. Nurture a positive self-image, and work on improving your self-esteem.
2. Keep things in perspective.
3. Accept that change is a part of life.
4. Build your support network. Seek out and surround yourself with people who care about you.
5. Take action to change whatever you can about a bad situation.
6. Try to see struggles as an opportunity for growth rather than just another problem.

### Resilience Resources



**Resilience:  
Why Things  
Bounce Back**  
by  
Andrew Zolli



**Grit to Great**  
by  
Linda Kaplan  
Thaler and  
Robin Koval

### Monthly Mindfulness Exercise: Enjoy the Mundane

Choose one small task in your daily routine, and decide to really enjoy it. Appreciate the sensory experience of the task – the sounds, tastes, smells, textures, or feelings it produces – and reflect on the outcome of completing it.

