



Resilience

In a nutshell: *Resilience is the ability to adapt in the face of adversity or stress. This includes family and relationship problems, serious health problems, or workplace or financial problems. It involves bouncing back from difficult experiences, but it also involves profound personal growth. When resilience is lacking, the consequences of a threat linger after the threat has passed, increasing its impact.*

A meta-analysis of 60 studies showed that resilience was negatively correlated to negative indicators of mental health and positively correlated to positive indicators of mental health.

Resilience can be learned. First, it starts with accepting changes. This can be challenging for most people. The second step is to adapt to the new reality or change in circumstances. This means identifying existing inner and outer resources and support and seeking new ones. It can come through mindfulness, speaking to oneself differently, or understanding what's going well. Others may need external resources such as counselling, coaching, familial support, friends or pastoral care.

The third step involves creating a sense of meaning around an experience. With deliberate intention towards your experience, try and understand how you are growing, learning and potentially taking these experiences and helping others in the future.

Building resilience also requires self-care. When you're eating well, exercising, sleeping well, and connected with others, you feel more resilient. Time is finite, so putting all the above into practice may not be realistic, so if needed, lower the bar a little bit. Just 5 minutes of exercise is better than none. If you can't even do that then doubling down on a facet that you are already practicing is a good start, for instance, eating healthy food.

Another important aspect to cultivating resilience is to make sure you challenge so called "thinking errors" – anything that gets in the way of you believing in yourself and your ability to access enough resources to get through challenges. These errors appear in different ways – some in assumptions that the worse will happen (this prevents people from taking action) or emotional reasoning (this prevents people from integrating logic into their plans).

Put into practice: *Choose how you respond. We all have bad days and go through crisis. But you can choose to react in panic and negativity, or you can choose to be calm and logical and take control and find a solution.*

LINK: NYT article – **What Makes Some People More Resilient than Others**

<https://www.nytimes.com/2020/06/18/health/resilience-relationships-trauma.html>

LINK: How People Learn to become Resilient

<https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>

AXA is committed to help people to become 'fit to flourish'. To learn more, click [here](#).

- By Allison Heiliczer, *Rethink The Couch*.