

## Resilience Building Skills to Endure Hardship

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences. Being resilient does not mean that a person doesn’t experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

### Resilience Factors:

- Exercise, rest, humor
- Seek professional help from a license counselor to deal with traumatic events
- Self-help and social support
- Positive religious coping and spirituality
- Cognitive flexibility and positive emotions
- Gratitude

### Resources:

#### Ways to build resilience:

<http://www.apa.org/helpcenter/road-resilience.aspx>

[http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0012/100821/E92227.pdf](http://www.euro.who.int/__data/assets/pdf_file/0012/100821/E92227.pdf)

“I can do all things through Christ who strengthens me.”

– Philippians 4:13 (NIV)

