



Developing Personal Resilience

"Your ability to bounce back and adapt when faced with difficult, stressful situations."

Resilient people don't dwell on failures and difficulties. They learn from any mistakes and move forward.

30 Ways to Develop Your Resilience – Which ones will work best for you?

1. Deal with any difficult situation assertively rather than being too aggressive or passive.
2. Use relaxation techniques eg walking, having a bath, listening to music.
3. Lead a healthy lifestyle eg eat nutritious food and exercise regularly.
4. Reflect as to how your behaviour compares to others. Have you got a good role model? What would they do in a similar situation?
5. Get enough sleep and relaxation – time to disconnect and completely recharge.
6. If someone criticises you, avoid getting defensive. Ask them to give examples so you understand their point of view.
7. Every time you say something negative about yourself balance it by saying something positive; focus on your strengths and good points.
8. Ask for support from someone you trust to help you eg a coach.
9. Manage emotional control and use your emotions to inspire people eg your passion to deliver great service.
10. Know what situations cause a strong emotional reaction in you. Notice and manage these reactions early eg when you are frustrated before you become angry.
11. Manage negative self-talk eg change "I can't do this" to "I can do this and it will be fine."
12. Reframe your mindset; see a difficulty as a challenge rather than a negative event or a reduction in your self-worth.

13. Have SMART goals for home and work to give focus and have a desire to achieve those goals.
14. Focus on things that you can control and influence; recognise things that you cannot control and spend less time worrying about these.
15. Never think of yourself as a victim in a situation.
16. Aim to take an optimistic rather than pessimistic approach eg what are the opportunities?
17. Compartmentalise setbacks eg if you get negative feedback about one aspect of your work recognise that there are other aspects that you do really well.
18. Maintain a positive image of the future and a positive outlook.
19. Demonstrate empathy and look at difficult situations from others viewpoints.
20. Remember that everyone experiences bad days.
21. Recognise that you choose how to respond to events eg no one can make you angry; you choose if you react angrily.
22. Maintain perspective. Whilst a situation may seem overwhelming it may not make that much difference in the longer term.
23. Focus on your strengths and the positives in your life to build self-confidence.
24. Develop strong relationships with colleagues and friends where you can offer each other mutual support.
25. Be flexible; things will often change and we have to adapt to new plans.
26. Take a proactive approach to lifelong learning. What new skills do you need to become more competent and confident?
27. Don't panic. Take a deep breath in stressful situations and think through the options for what you can do next.
28. Take a systematic approach to solving problems looking at the advantages and disadvantages of each course of action.
29. Aim to have strategies for dealing with difficult situations which are likely to happen.
30. List good things that have happened each day so you focus on the positives.

Highlight the ideas which seem most relevant for you.

Make a plan.

Set target dates in your diary to monitor your progress.

Celebrate your successes!