


10 Ways to Build Resilience



1. **Make connections** – Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.
2. **Avoid seeing crisis as insurmountable problems** – You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.
3. **Accept that change is a part of living** – Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
4. **Move toward your goals** – Develop some realistic goals. Do something regularly - even if it seems like a small accomplishment - that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I can accomplish today that helps me move in the direction I want to go?"
5. **Take decisive actions** – Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
6. **Look for opportunities for self-discovery** – People often learn something about themselves and may find that they have grown in some respect as a result of their struggle. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life
7. **Nurture a positive view of yourself** – Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
8. **Keep things in perspective** – Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.



9. **Maintain a hopeful outlook** – An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. **Take care of yourself** – Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful: journaling, meditation, and spiritual practices can be helpful to build connections and restore hope. The key is identifying ways that work for you as part of your own personal strategy for fostering resilience.

Tips adapted from the Dystonia Dialogue.