

# 10 Ways to Build Resilience

As a caregiver, there will be days when you feel overwhelmed, exhausted and not very resilient. Thankfully, there are a few ways you can build your ability to bounce back from the difficulties and challenges you face. Try to implement a few of the resilience-building techniques highlighted here. You'll find yourself better-equipped to identify challenges and respond to them in a way that honours your health and well-being.

## 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 crises 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 life

When adverse situations arise, certain hopes, goals and lifestyle practices may no longer be attainable. Accepting circumstances that cannot be changed can help you focus on things that you can change.

## 4. Move toward conscious goals

Develop some realistic goals. Then regularly do something that enables you to move towards those goals - even if it seems small. By setting achievable goals, you break what look like insurmountable challenges into manageable steps. Every day, ask yourself, "What's one thing I can accomplish today that helps me move things forward productively and effectively?"

## 5. Take decisive action

Taking decisive action means addressing problems and stresses directly. While it's tempting to detach, wish issues would go away and do nothing - that creates more stress in the end.



## 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 struggles. Many people who have experienced tragedies and hardship have reported being better able to build relationships, a greater sense of strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality, and a 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. It's hard, but try to remind yourself that you are giving your best effort.

## 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

You may find additional ways of strengthening resilience that are also helpful. A few more ways to build connection and restore hope are: journaling, meditation and spiritual practices. The key is identifying ways that work for you as part of your own personal strategy for fostering resilience.

*Source: Adapted from the Dystonia Dialogue*

