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## Episode 7 : Resilience

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Hey y'all Mandi here with Episode 7 of the SAS Podcast

Today I'm here to talk about resilience.

It's become a sort of buzzword. It also seems like an unattainable trait that only a special few can achieve. Today we are going to break that myth and teach you the first steps to building resilience.

First, imagine you're going to take a raft trip down a river. Your map shows the unavoidable turns, rapids and shallows you will travel through. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?

Perhaps you would enlist the support of more experienced rafters or rely on trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports: You will not only make it through your adventure. You will do it with confidence.

But life doesn't come with a map. **You** will experience twists and turns, from everyday challenges to traumatic events **that may have** more lasting impact. Each challenge will affect you in a way that is unique to you. However people can generally adapt well over time to stressful or even life-changing situations — in part thanks to resilience.

So what is resilience?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth.

While these events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify and grow with. That's the role of resilience.

Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

Now let's turn to the other side and talk about what resilience isn't

Being resilient doesn't mean that you won't experience difficulty or distress.

In fact, the road to resilience is likely to involve considerable emotional distress.

While certain things might make some individuals more resilient than others, resilience isn't a personality trait that only some people possess.

Resilience involves behaviors, thoughts and actions that anyone can learn and develop.

Like building muscle, increasing your resilience takes time and intention.

**At the center of building resilience are these core components — connection, wellness, healthy thinking and meaning. When you are trying to build resilience, you can do the following things:**

Build your connections: Prioritize relationships. Put in the time to be with friends or family. Join a group. Some people find that being active in groups provides social support and can help you reclaim hope. Research groups in your area or online that can help provide support.

Foster wellness. Take care of your body. Practice mindfulness. Avoid negative outlets. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether. Eat good food, keep a regular sleep schedule and take media breaks to avoid getting overwhelmed.

Find purpose. Help others. Be proactive. Move toward your goals. Look for opportunities for self-discovery. Even if the steps seem small each day they are steps forward.

Embrace healthy thoughts. Keep things in perspective. Accept change. This can be sometimes the hardest part to practice. It's easy to see things as larger than they are when you are under stress. Letting go and accepting change as a part of life can be uncomfortable. Maintain a hopeful outlook. Lean on the other three core skills to help keep you in a hopeful place so you can learn from your past. This will allow you to stop the cycle of repeating habits that no longer serve you.

Lastly remember, getting help when you need it is crucial in building your resilience.

For many people, using their own resources and the kinds of strategies listed above may be enough for building their resilience. But at times, you might get stuck or have difficulty making progress on the road to resilience. This is where seeing a therapist or counsellor can help. They can help you build a path that works for you.

The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.

That's all for us today.

Thanks for listening, as always SAS is here to help.