

Adapted from American Psychological Association apa.org

THE ROAD TO RESILIENCE

Qualities of resilience

- Healthy coping and problem solving skills
 - Taking positive action
 - Persistence
 - Adaptability, flexibility with change, able to compromise
- Self-knowledge
 - Learning and accepting who you are, identity doesn't depend on externals
 - High self-esteem, self-respect
- Motivation/personal meaning
 - Sense of values and purpose, that life is worth living
- Optimism
 - Sense of hope – ability to believe there is a solution in adversity
 - Sense of enjoyment of life
- Strong relationships
 - Support from family and friends
 - Good social skills
 - Able to ask for help

Learning from your past

Focusing on past experiences and sources of personal strength can help you learn about what strategies for building resilience might work for you. By exploring answers to the following questions about yourself and your reactions to challenging life events, you may discover how you can respond effectively to difficult situations in your life.

Consider the following:

- What kinds of events have been most stressful for me?
- How have those events typically affected me?
- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support in working through a traumatic or stressful experience?
- What have I learned about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?
- Have I been able to overcome obstacles, and if so, how?
- What has helped make me feel more hopeful about the future?