

Resilience

resilience \re*sil"i*ence\ (r[-e]*z[i^]"[i^]

1. The act of springing back or rebounding

What is resilience?

- The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
- Not something you are or are not born with— Can be Learned
- Develops as you grow older and gain better thinking and self-management skills
- Comes from supportive relationships with parents, friends, and others, cultural beliefs, and traditions
- Does not mean going through life without struggles, stress, or pain
- Can be learned and developed throughout the lifespan.
- Ordinary, not extraordinary. People commonly demonstrate resilience.

How do I become more resilient?

- **Make connections.** Reach out to others, such as family members, friends, or mentors. Accepting help and support from others strengthens resilience. Some options include faith-based groups or clubs. Check out <https://ucf.collegiatelink.net/Organizations> to find out about UCF organizations.
- **Try to think positively.** At times, we cannot prevent highly stressful events from happening, but we can change how we interpret and respond to events. If we perceive events as insurmountable problems, they will be more stressful.
- **Accept that change is a part of living.** Accepting that change will come can help you focus on situations that you can change.
- **Develop realistic goals.** Do something every day—even if it is small — that helps you move towards your goals. Remember SMART goals : Specific, Measureable, Attainable, Realistic, Timely
- **Take decisive actions.** Rather than detaching and wishing problems will go away, take action with adverse situations.
- **Look for opportunities for self-discovery.** By examining your struggles, you can see ways you have grown. Some examples include better relationships, greater ability to identify own strengths, increased self-worth, and increased appreciation for life.
- **Develop a positive view of yourself.** Increasing your confidence in your abilities helps you feel more confident in solving problems and trusting your instincts.
- **Work on your perspective.** Even when things may be painful or very stressful, try to think about these situations in a broader context.
- **Take care of your own needs and feelings.** Take time to do things your find relaxing and enjoyable. Exercise is a great option. Check out the Recreation and wellness center <http://rwc.sdes.ucf.edu/> for a schedule of exercise classes or other wellness options such as massages or Relaxation Station.
- **Journal.** Write about your stressful experience and ask yourself, what events have been most stressful for you? How did you know you were stressed? What important people can I turn to in my life? Who have reached out to in the past? What have I learned about myself in difficult times?

(APA, 2015)

