

Three Strategies to Build **Resilience**






Resilience is an essential aspect of our ability to adapt and thrive in the face of challenge and adversity.

Resilience is the capacity to bounce back from adverse experiences, maintain equilibrium during times of stress, and adapt positively to change.





Psychological Resilience is the ability to cope with stress, trauma, or adversity in a way that avoids a toll on mental health but instead promotes personal growth.

A photograph showing two hands reaching towards each other against a blue sky with white clouds. One hand is at the top, reaching down, and the other is at the bottom, reaching up. The hands are positioned as if they are about to meet or are in the process of shaking hands.

Social Resilience is the capacity of individuals, communities, and teams to adapt and recover from challenges. It depends on social support, community cohesion, and culture.



Physiological Resilience
encompasses the body's
ability to adapt and recover
from physical stress or illness.



As an expert on **self-leadership** and peak performance, I am often asked to speak about **building resilience**. Here are three strategies...

1. Self-learning

Accept challenges as learning experiences and use the information to adjust behaviors to the new situation. Adopt a growth mindset and realize that:

“There is no failure, only feedback for improvement”



2. Socialize

Build strong social connections for yourself and your community. Your network doesn't have to be large but it must be deep enough to both *ask for and offer help*.



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3. Self-love

“If you don’t love yourself, how are you going to love somebody else?”

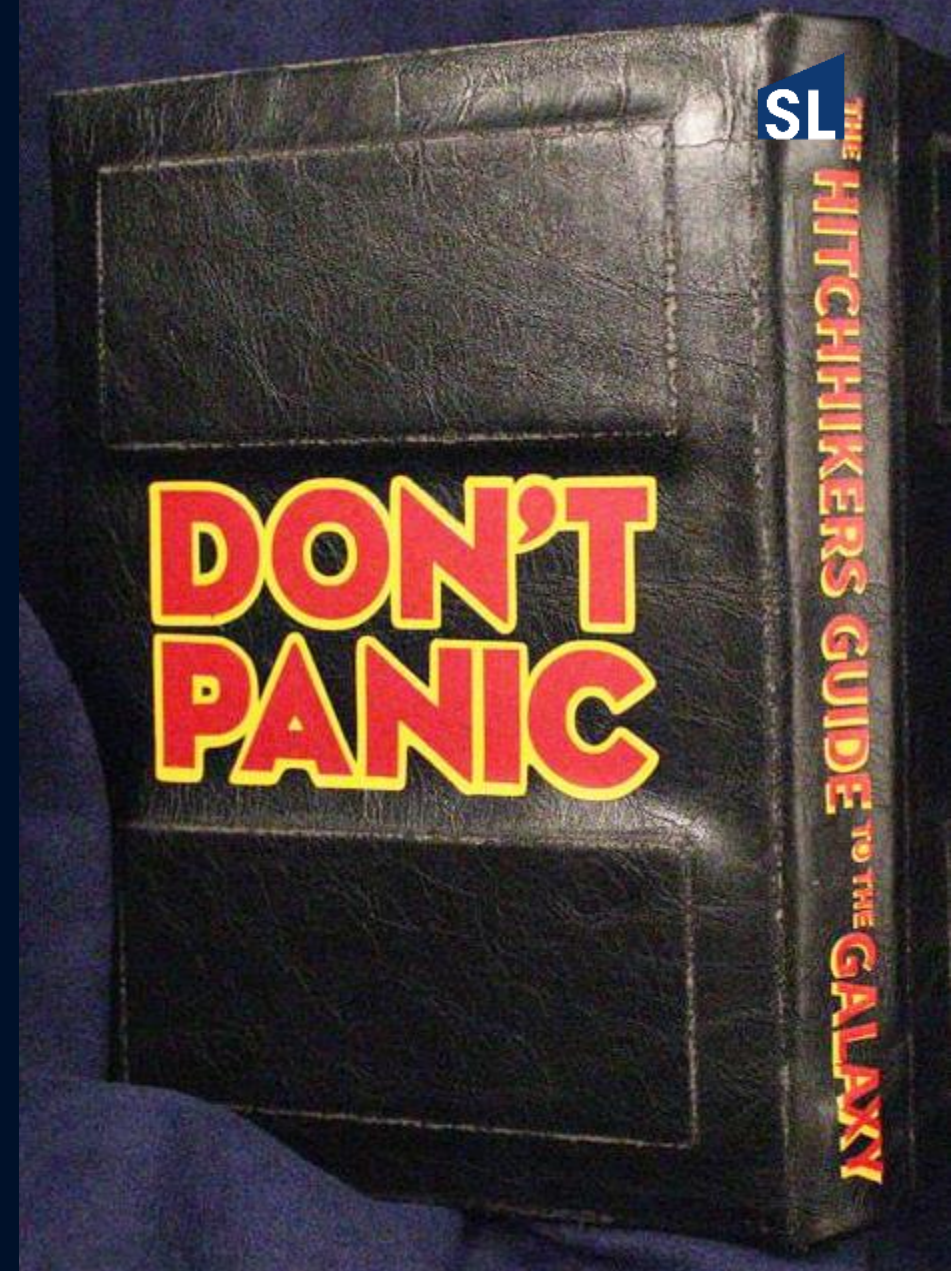
Practice self-compassion, and be kind to your body and your mind, whatever happening is not personal, and it won’t be permanent.



Conclusion

The secret to resilience is to build it before you need it. If you find yourself in an overwhelming situation, zoom out and see the bigger picture.

You have **options** to solve the problem.





Feel free to connect with me to explore building resilience and creating a Self-leadership Culture.

Andrew Bryant