

5 STRATEGIES TO DEVELOP RESILIENCE



A resource from Hannah Hughes, MBA, MSN, RN, CNE

1

Acknowledge that the change has presented difficulty, obstacles, and/or challenges for you. (Denying does not always help us to begin working through the situation, although it might be a protective mechanism.)

2

Recognize that moving past the situation, challenge, obstacle, or tragedy is a process. You will most likely progress through stages, perhaps similar to Kubler-Ross's Five Stages of Grief or the Seven Stages of Grief. However, you might not go through all five stages, and you might not progress in order or along a continuum. Your process might be disordered and/or unstructured. You might also go through cycles. Acknowledge it all and work through your individualized process.

3

Identify the new reality. (What has shifted and how did it shift? What is the impact?)

4

Adapt your environment to align with the new reality. (Environment matters! It contributes to or impedes our efforts to be resilient.)

5

Cultivate problem solving skills to increase feelings of independence, and self-competence. (Think, plan, and get organized.)