5 STRATEGIES TO DEVELOP RESILIENCE

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.)