

# » How to Build Your Resilience



How slowly or quickly have you been able to bounce back to what life has been sending your way nowadays? Resilience refers to the extent to which you can usually shake off setbacks. People at one extreme of this dimension are fast to recover from adversity; those at the other extreme are slow to recover, crippled by adversity. Do you need to adopt practices to improve your resilience?

There are **4 Components of Resilience: Physical, Mental, Emotional and Spiritual**. There are a number of practices that you can consider based on your needs.

For many of us, we've devoted time to our **Physical** health. We go for walks, build our strength and stamina, get a good night of sleep and watch our weight. Are you as physically fit as you want to be? What could you add to your routine? Revisit your nutrition, rest and sleep patterns. Find a YouTube Yoga video, commit to a daily walk, target 8 hours of sleep daily, choose healthy foods.

Working on your **Mental** outlook may be new to you and you can build a practice to improve your state of mind. Work to improve your positivity, eliminate thinking traps, question your self-beliefs, invest in new learning, or work on your stress management. Remember you don't have to believe your current thinking, you can make changes to your habits of mind. Identify what you mentally want to be different, remember to practice your new habit and then reinforce the work you're doing to increase your mental resilience.

Regulating our **Emotions** begins by becoming aware of our predominate emotions. Would you say you're realistic, optimistic, positive, humorous, forgiving, content, or in a state of flow? A key tool to manage your emotions is as easy as focusing on your breathing. Is it shallow, bringing the minimal oxygen into your lungs? Or is it deep and relaxing breathing, bringing oxygen into your stomach, lungs and throat? Doing deep breathing, counting to an inhale of 5 and then exhaling to a count of 6 can help you reset your current emotional state.

Being concerned with the human spirit or soul is the broadest sense of **Spirituality** and it takes various forms in us. You can build a spiritual practice by exploring and living your values, beliefs, and purpose. Perhaps you're very committed to a religious faith or involved in a community that appeals to your values. More and more people are exploring meditation as a way to connect with their spirit or soul. Another practice to develop your spirituality is by developing a gratitude practices. Simply regularly reflect on all you have to be thankful for in your life.

You have the power to increase your resilience. Regularly practicing ways to take care of you - physically, mentally, emotionally and spiritually, will give you the strength to face all life sends your way.

