

Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals. So, what is their secret? Here we have some top tips for you to work on to build your resilience...

Resources – Look around you. What resources do you have at your disposal to deal with the situation that you currently face? Who can you ask for help? Where can you find the answers?

Empathy – Have empathy for yourself. You are facing a challenge and if you can show yourself empathy you will be more resilient. Empathy is about understanding and being kind to yourself. Making yourself feel bad about a situation will not help. Talk to yourself, how you would talk to a friend.

Strength – Write a list of your strengths. Think about other times you have faced challenges and overcome them – what skills did you use then? Being resilient is about recognising and using your strengths when you face challenges.

Increase – Your positive thinking. Maintaining a hopeful outlook is important to help you grow resilience. Positive thinking will help you believe that you can find a solution and a way forward. This doesn't mean that you ignore the problem, it means that you focus on finding a way out, finding solutions, finding people to support you.

Learn – Life is all about learning. It is often during challenges that we grow and develop, so take this as an opportunity to learn and grow. If you can be flexible you will become more resilient – events that challenge can be seen as a way to branch out, to try something new. They are then seen in a more positive light.

Inventive – Practice thinking outside the box. To help you do this practice your problem-solving skills. This will help you to increase your ability to find new ways to view situations.

Empower – Building resilience is about empowering yourself to cope with situations. Empowerment is about taking control, not allowing events to overtake you. In life you need to focus on the things that you can control, not on the things you can't control. People who are resilient will be able to tell the difference and are empowered to focus on the changes they can make.

Nurturing – Becoming resilient is about learning to take care of yourself. Self-care is about doing activities which nurture your physical, emotional and mental wellbeing. They will be activities you enjoy, which make you feel good. Exercise will be an important part of your self-care – it has both physical health and mental health benefits.

Time- When life gives you a challenge take some time. Take time to work out what you need to do and how to do it. Take time to use your skills which have built resilience. Don't make a rush decision or bury your head in the sand. You have become resilient for a reason – so make use of your strengths as well as those around you to make the best of the challenges that you face.