Building Resilience: Strategies for Success

1. Assess current resiliency levels – by examining the effects of stress and coping skills. The goal is to develop coping skills that are effective even in situations where stress and uncertainty are also high.

2. Build a resilience threshold by doing the following:
   a. Plan for and prepare responses to rejection, to counter the fear of asking.
   b. Learn something new by stretching outside of any comfort zone and embrace failure as an opportunity for increased knowledge and growth.
   c. Face uncomfortable and challenging situations to learn to get comfortable in and with uncomfortable circumstances. Embrace change, research new areas of study, or ask for different and thought-provoking assignments. Stretching now helps prepare for possible stress later.
   d. Keep energy levels up, which helps in stressful times. Exercise, adequate rest and good eating habits can help in this regard. Anticipate when more energy may be needed, such as peak times at work. Develop a strategy or plan for dealing with recurring, even unexpected events.
   e. Practice replacing the natural tendency for negative thinking with an immediate switch to positive thoughts to keep things in perspective. Use “positive self-talk” as a coaching technique and train to react with a positive perspective for any setbacks.
   f. Evaluate actions taken in stressful or unexpected conditions. Reflect on individual actions taken during the recent event by asking questions like the following: How was the situation handled? Could anything have been done differently? Would more planning have helped? Was a positive perspective taken? Look for opportunities for improvement and celebrate what was done well.
   g. Maintain a positive but constructive attitude to recognize and address any areas for improvement.
   h. Connect with others who will provide honest feedback and actionable steps to help build resilience.
   i. After a stressful event, take a short mental break from what happened, redirect any negative thoughts, and reconnect with a fresh perspective to evaluate the situation.
   j. Recognize when to let go of situations or circumstances that cause continued stress through evaluation and analysis.
   k. Practice these strategies repeatedly to build resilience, and embrace the journey.