

What Does Resilience Mean

Resilient people take time to reflect and know themselves

- Know their needs, joys, frustrations.
- Know their goals, values and beliefs.
- Know their limits.
- Know what's in their control and what's not.
- Develop and use their strengths.
- Look at the bigger picture of their lives.
- Understand their personal styles and personal history and how these relate to their current behaviour (learned and automatic patterns of doing things).

Resilient people develop healthy attitudes

- Develop an attitude of acceptance, tolerance, flexibility and optimism.
- Are prepared to learn and accept feedback.
- Seek realistic expectations.
- Learn to see opportunities in all things.
- Accept their own style of doing things AND aim for growth.
- Accept personal responsibility and commit to working at things.
- Talk and listen and seek help when appropriate.
- Accept realities of life and change and learn how to let go.
- Aim for a mindful and respectful approach to people, emotions and problems.

Resilient people maintain their body, mind and soul

- Maintain a personal stress management plan.
- Feed their bodies good fuel - balanced diet; limited stimulants and depressants.
- Keeping active with exercise and activity.
- Rest and relax; Laugh and seek fun.
- Manage frustration well.
- Participate in life by doing things they enjoy and stimulating their minds (learning).
- Maintain support and relationships - spend time with others.

Resilient people organise their environment and their life

- Take time to set goals and review progress.
- Aim for workable balance for health (work-life balance).
- Organise their time to meet balanced demands.
- Plan for known difficulties and challenges.
- Take steps early to manage or remove barrier with active problem solving.
- Use goal setting and active problem solving to move around change and challenges
- as they arise.
- Use assertive communication skills to manage their needs and negotiate with others.
- Set limits and accept them.
- Learn how to say no.
- Take things a step at a time.

Alliance Psychology & Trauma Consultants - Programs

Learn more about the [Resilience Training Program Bundle here](#)

Includes these 3 programs:

- [Step Into Resilience](#)
- [Domestic Violence](#)
- [Workplace Bullying](#)