



## 7. Identify key resilience factors to help you thrive

Resilience is a hot topic right now, but what does it really mean? Essentially, it's our ability to keep going in the face of difficulty; to rise above adversity and to manage our negative emotions more effectively. People often assume that resilience is something that some people are born with and others not. However, there is growing scientific evidence that resilience arises from a set of emotional intelligence skills that can be developed.

Following research, there are many studies which identify a number of different factors that contribute to our levels of resilience. The following are just some of the key ones that might be useful for you to reflect on currently.

### PERSONAL RESILIENCE QUESTIONNAIRE

Reflect on where you are currently against each of the 10 factors described. Score yourself out of 10 on each of them to identify any areas you need to focus on to build your own levels of personal resilience.

FACTOR	Rating out of 10 when 1 is terrible & 10 is consistently good	What would increase your score by 1-2 points?	What exactly are you going to do?
PERSPECTIVE			
OPTIMISM			
HUMOUR			
EMOTIONAL SELF-CONTROL			
ENERGY MANAGEMENT			
SUPPORT			

Referenced from 'The Tree of Resilience' by Julie Hickton



## 7. Resilience Factors Definitions



### PERSPECTIVE



#### **Your ability to see things from a different angle, or another's viewpoint**

When you stand back from a situation and/or consider it from another's or a different perspective, you are able to develop a more considered, realistic interpretation of the situation.

This in turn might have a bearing on your initial thoughts and feelings. To what extent do you tend to have 'black and white' views on situations or people, as opposed to being able to consider the possibility that you might be missing the bigger picture?

### OPTIMISM



#### **The extent to which you believe you will experience good outcomes. An ability to look for the best possible outcomes**

Developing an optimistic outlook in life will have a significant impact on your wellbeing and outlook as well as your overall resilience. Research has shown that, among other things, optimism is linked with higher levels of satisfaction with life, and increased wellbeing.

Developing the ability to see setbacks as temporary and changeable, thereby enabling you to deal with them more effectively; learning to choose action, rather than procrastination and overthinking; and tenacity when dealing with issues, will all enhance your ability to cope with life's challenges better.

### HUMOUR



#### **The ability to see the humorous side and use humour to alleviate situations**

Humour helps us through life's challenges – the ability to laugh at oneself and connect with others through laughter brings instant relief and lightness to a situation and can put a completely different perspective on a situation. Research from the evidence-based field of Positive Psychology has shown that, in order to really flourish in life, we need to foster a ratio of 3:1 positive to negative emotions.

This can be hard during challenging times; however, finding things to lift your spirits and make you laugh really does help counteract stress levels. Recreational, fun activities are an essential way to unwind and release tension.

## 7. Resilience Factors Definitions



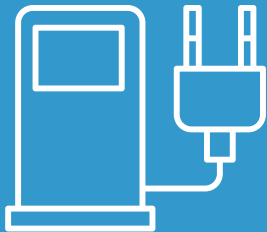
### EMOTIONAL SELF-CONTROL



#### **The ability to understand and control your impulsive emotions and feelings**

People who do well in this area display an element of grace and calmness under pressure. They think clearly and stay focused, often seeming to have higher stamina, as energy is not wasted on draining emotions. Remaining cool when under pressure and not letting things escalate when provoked is a fantastic skill, which can be developed by learning to STOP, and manage your mindset. When you're more in control of how you choose to react, it can have a massive impact on you and others, especially in how you deal with difficulties and challenges.

### ENERGY MANAGEMENT



#### **There are numerous things that can help you build and maintain your energy levels:**

Eating well; staying hydrated; building regular small breaks into your day; exercising; spending time in nature; breathing properly; practising 'mindfulness'; listening to music; reading. It's important to identify the things that help you to recharge your batteries. These may be small things that only take a relatively small amount of time, but which make a big difference to your ability to keep going when the pressure's on. Negative thinking and high levels of stress are clearly a drain on your energy, so finding ways to effectively manage your mindset and emotional state are key.

### SUPPORT



#### **There are three key elements to this:**

**Your ability to support and be kind to yourself** – at times you can be your biggest supporter or worst enemy and learning how to support yourself through managing any negative 'self-talk' is a key place to start. Also, having a place where you can withdraw to, having some privacy and creating time for personal reflection is key.

**Supporting others** – whether this is a small 'random act of kindness' or supporting work colleagues or friends through difficult times – research has shown that providing support positively impacts on your own resilience, as well as the person you are supporting.

**Your ability to ask others for help** – to what extent do you feel secure and supported at home and/or in work? Do you have at least one person who you feel totally accepts and understands you? No man is an island, and it's important to recognise that asking for help from others is not a sign of weakness.