

“How to be More Resilient”

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Would you agree with me that life can be hard at times? Life is a series of ups and downs. We face challenges, disruptions, adversity and upheavals. Life is also filled with changes, and sometimes they are unwelcomed changes – often beyond our ability to control. Perhaps you have experienced termination from a job, a divorce, the loss of a loved one, a health crisis, financial loss, and the list could go on and on.

The question is, “how do you respond when your life is disrupted by adversity?” One of life’s key skills is resilience. Resilience is the ability to withstand adversity and bounce back from difficult life events. It is the ability to cope mentally and emotionally with a crisis and return to pre-crisis status quickly. In other words, it is having the power and strength to bounce back. This requires mental toughness. Returning to pre-crisis status does not mean the situation changes. It means your mindset or perspective on the situation changes. You do not allow the setback to cripple you and keep you from moving forward in life.

The traditional view of resilience is “recovery”. It certainly is that. Psychologists call this “elasticity”. It is the mental toughness that allows you to spring back into shape quickly. It is important to be able to recover quickly from difficulty. Resilience is also “transformation”. Resilient people not only recover and bounce back from difficult life events; they also allow themselves to be changed and shaped by them. If you read the autobiographies of some of the world’s most successful people, you will find that they encountered defining moments of adversity and difficulty. They bounced back, but also used their negative experiences as a spring board to transform them into better people and successful people.

Here are a few ways that you can become more resilient:

1. Learn to relax. Often we panic when we encounter a crisis. Panic mode produces bad decisions and negative responses. Relaxing will help you to respond in positive ways.
2. Edit your outlook. Look at the full scope of your life. You are not defined by what you are currently going through. Remember all of the positive things about your life and look for the silver lining.
3. Choose your response. You and I do not have control over all of our life situations, but we do have control over our attitudes. Try to keep a positive perspective and attitude. It is the positive attitude that will produce transformation in your life.
4. Set new goals. Often in life, adversity is a reset. It is the opportunity to move your life in a different and even a better direction.
5. Learn to accept change. Change is uncomfortable, but we need to remember that change is normal in life – positive and negative. Change provides an opportunity to learn and grow.
6. Remember your sense of purpose. Everyone has a purpose. Stay committed to the “big why” of your life. Continue to fulfill your life purpose.

It is my desire that if you are currently in the middle of a life crisis, that you recover well, but most of all, be changed and shaped for a more purposeful and fulfilling life.

