

Top 10 WAYS TO BUILD RESILIENCE

Faculty & Employee
**ASSISTANCE
PROGRAM**

We each have unique strengths, and these strengths make us resilient and help us to cope with stress. Resilience is not a fixed trait - it can be learned and developed. Resilience will look different for everyone. For some of us, resilience may mean simply getting through the day little bit by little bit; for others, it may be staying steady through uncertain times; for others, it may mean reaching out and asking for help.

Here are our top 10 ways to build resilience.



1. Believe in You

Give no one the power to lower your self-worth. Believe in those who believe in you. Look at yourself with the eyes of the people who accept and love you unconditionally.



2. Volunteer

Volunteer, and reap the rewards of its association with better physical and emotional health and even increased longevity.



3. Be Vulnerable

Embrace your vulnerability. Be authentic. Accept that it's okay to feel sad once in a while.



4. Evaluate Your Time

Spend quality time with someone who inspires you.



5. Tend Emotions

Lower your thresholds for feeling grateful and for giving forgiveness. Recognize your gratefulness for small things, and offer forgiveness easily.



6. Evaluate Intake

Optimize the dose of news you consume every day. For any headline that distresses you, read something that inspires you or helps boost your well-being. Read inspiring books; watch inspiring movies.



7. Connect

Join or create a group that is focused on a cause that resonates with you.



8. Be Creative

Creatively work with what is, instead of fighting the uncontrollable.



9. Go Outside

Feel connected to nature. Spend time noticing trees, birds, clouds, lakes, and rivers.



10. Think Big

Think of the larger purpose of your life. Live your days aligned with that sense of purpose.

People who are resilient still have bad days and can experience sadness and suffering. However, a person who has been building their resilience will have a better outcome by adapting to a situation even while they are struggling. Although resilience will not make problems go away, it can help you have the ability to endure through life's challenges and better handle the stress that comes with them.

Tips originally produced in [EveryDay Health](#).

Feel connected to nature.
Spend time noticing trees,
birds, clouds, lakes, and rivers.

UVA Faculty & Employee Assistance Program
uvafeap.com
434.243.2643

Faculty & Employee
**ASSISTANCE
PROGRAM**