The importance of resilience

when creating your Life by Design

Resilience isn't about being invincible or avoiding difficulties, resilience is an increasing capacity to stay present with what is.

It's about having the tools and resources to navigate life's challenges and thrive despite them

It's the capacity to adapt positively when faced with adversity, trauma, threats, or stress.

The good news is that resilience is a skill—it can be learned, developed, and strengthened over time.

Would you prefer to live a life by design or a life by default?

If you are not consciously choosing how you live, you are living your life by default.

Not choosing is a form of choosing - or as the French say: "Ne pas choisir, c'est aussi choisir." This captures the idea that avoiding a decision is itself a decision.

But living a life by design means staying committed to your goals and aspirations, regardless of the difficulties and stress you'll face.

The only way to do this and to keep going forward no matter what is to build resilience.

Traits of resilience

1

EMOTIONAL REGULATION

The ability to observe and respond to emotions in a constructive way, preventing stress from overwhelming you. It allows you to stay calm and think clearly, even in difficult situations.

3

PROBLEM SOLVING

The skill of finding new ways of solving issues and the ability to approach problems with a solution-focused mindset.

This proactive approach reduces feelings of helplessness and the stress associated with it.

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PERCEPTION MANAGEMENT

The ability to maintain a positive attitude, even in the face of challenges, focusing on what you can control. It is not the scale of the challenges that differentiate resilient from less-resilient people, it is the way resilient people perceive those challenges.

2

ADAPTABILITY

The ability to adapt to changes and unexpected or new situations, adjust your approach and find new ways to cope with challenges.

4

BOUNCING BACK

The ability to recover from setbacks and challenges and persist towards your goals even when faced with obstacles