



# Build and Cultivate Your Resilience

Resilience is typically defined as the process of adapting well in the face of adversity or difficulties. It includes the ability to recover quickly from these difficulties, but it can also involve profound personal growth.

Resilience is critical to our overall well-being. It affects everything from our mental, physical and financial health to our intimate relationships to our ability to handle trauma and loss. Taking the time to build and cultivate resilience is probably one of the single best things you can do to improve your health, relationships and happiness levels.

Work on one or several of these resilience-boosting skills every day. The more you practice them, the better you'll become at dealing with challenges and improving resilience over time.

**Increase optimism.** To build optimism, focus on what you can do when faced with a challenge and identify positive, problem-solving steps that you can take.

**Strengthen connections.** Support systems can play a vital role in resilience. Bolster your existing social connections and relationships and find opportunities to build new ones.

**Be active.** Activity and exercise have been correlated with stronger levels of resilience. Adding a regular exercise or movement activity habit to your lifestyle can benefit you in many ways.

**Eat well.** Stress causes inflammation, and less-healthy food choices can contribute to inflammation. To boost your resilience, eat nutritious meals that include an abundance of antioxidants from fruits, veggies and whole grains. "Nutritious" does not have to mean complicated – nutritious meals can be simple and easy to prepare!

**Reframe your situation.** Reframing involves changing your perspective on a given situation to give it a more positive or beneficial meaning to you. It helps to challenge the implied assumptions behind your thoughts. Even when our inner voice has something negative to say, a positive intention can be found if we look for it.

**Take a journey of self-discovery.** Self-discovery can mean learning something new about yourself or it can also be about learning to do something new. It could be a skill, an interest or a hobby that you continue to develop.



*"Resilience is the core strength you use to lift the load of life."*

– Amit Sood, MD



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