

## TIPS FOR EMOTIONAL RESILIENCE

- ☞ **Learn the Art of Self-Compassion** Self-compassion is the basic building block of self-esteem and underlies the ability to bounce back from adversity. Refute negative self-talk which erodes self esteem and self-care. Be kind and gentle to yourself, and forgive yourself for not having the foresight to know what is now so obvious in hindsight.
- ☞ **Use events as learning experiences.** The Chinese symbol for crisis is made up of the two symbols for danger plus opportunity. Be motivated, not debilitated by stress. Learn from adversity and grow from it.
- ☞ **Alter your perceptions.** As Epictetus said in 1 A.D., “It is not events which disturb us, but our view of those events.” Enhance rational thinking to prevent negativity from spinning out of control! The quality of our thoughts determine the quality of our lives. Limit distorted all-or-nothing thinking.
- ☞ **Limit the hostility factor.** The negativity and anger we harbor for others is more destructive to the one who harbors the resentment. Be generous and giving in spirit and avoid a negative focus.
- ☞ **Strive for GOODNESS, not PERFECTION!** Give up the need to be right. Limit defensiveness. Accept limitations. Let go of “shoulds” which make one bitter.
- ☞ **Develop compassion and empathy to others.** Choose kindness over being right. Resist the need to be critical and judgmental. We are all works in progress and people do the best they can with what they have at the time.
- ☞ **Develop good self-care habits.** Allow yourself “mental health breaks” and “time out” regularly. Take care of needs in mind, body, and spirit. Eat well, exercise, and get enough sleep. Pamper yourself. Set limits, prioritize, and delegate.
- ☞ **Don’t isolate yourself – CONNECT!** Avoid self-absorption. Seek to understand – not to only be understood.
- ☞ **Look for the humor in things.** Lighten up! Life is too serious to be taken too seriously. Accept that life isn’t fair!
- ☞ **Develop mindfulness.** Learn to live in the present. Don’t ruminate on events, which can’t be changed and worrying about the future limits fully experiencing the present.
- ☞ **Focus on what you can control, not what’s out of your control.** Be solution-focused, not problem-focused.
- ☞ **Have a growth mindset instead of a fixed mindset.** A fixed mindset sees achievements and being above average as vital to self worth. A growth mindset values learning, growth and effort, which leads to resiliency and flexibility.