

Today I am sending out some information on resilience and a breakdown of the components and benefits of this.

Resilience is a key factor in **protecting** and **promoting good mental health**.

It is the quality of being able to deal with the ups and downs of life. It is a term that can be applied to people of any age.

A person's ability to be resilient can depend on many different circumstances - they may be able to overcome challenges in one situation but not in another. Jobs for example, entail a degree of pressure. However, people differ from one another in terms of how they will respond to this. Resilience has been identified as key factor in determining how people adapt and, while the sources of such challenges may differ across contexts.

Resilience can help people to adapt and deal with certain situations in a positive way. Resilience is not a single construct. It comprises of a variety of different components which everyone possesses to a greater or lesser degree.

Therefore, when we talk about someone being 'resilient', we are referring to someone who has a relatively high level of each of these components. A resilient individual may also be very high on certain components, and lower on others. This is not a lack or failure on someone's part if their resilience levels are different.

The most important thing to remember is that it is specific and individual to the person. It's also how someone interprets and responds to different situations and having empathy and understanding to support someone in difficult situations. This is vital to ensure that individual and organisational performance is maintained.

If you want to find out more there's a TED Talks video: How to build resilience as your superpower <https://lnkd.in/eBdrztci>

So, it's good to check in on yourself and notice how you respond in a variety of situations - your body, emotions and mind can tell you much, and check in with each other regularly too.

There's no I in TEAM 😊👉

THE COMPONENTS AND BENEFITS OF RESILIENCE



Self Belief

The extent to which an individual has confidence in their ability to address problems and obstacles that they encounter



Optimism

The extent to which an individual believes that they will experience good outcomes in life, and the way in which they explain setbacks that they experience



Purposeful Direction

The extent to which an individual has taken the time to set clear goals that they are committed to achieving



Adaptability

The extent to which an individual is willing to adapt their behaviour and approach in response to changing circumstances



Ingenuity

The extent to which an individual perceives they are capable of finding solutions to problems that they encounter



Challenge Orientation

The extent to which an individual enjoys experiences which challenge them, and perceives stretching situations as opportunities to learn and develop



Emotion Regulation

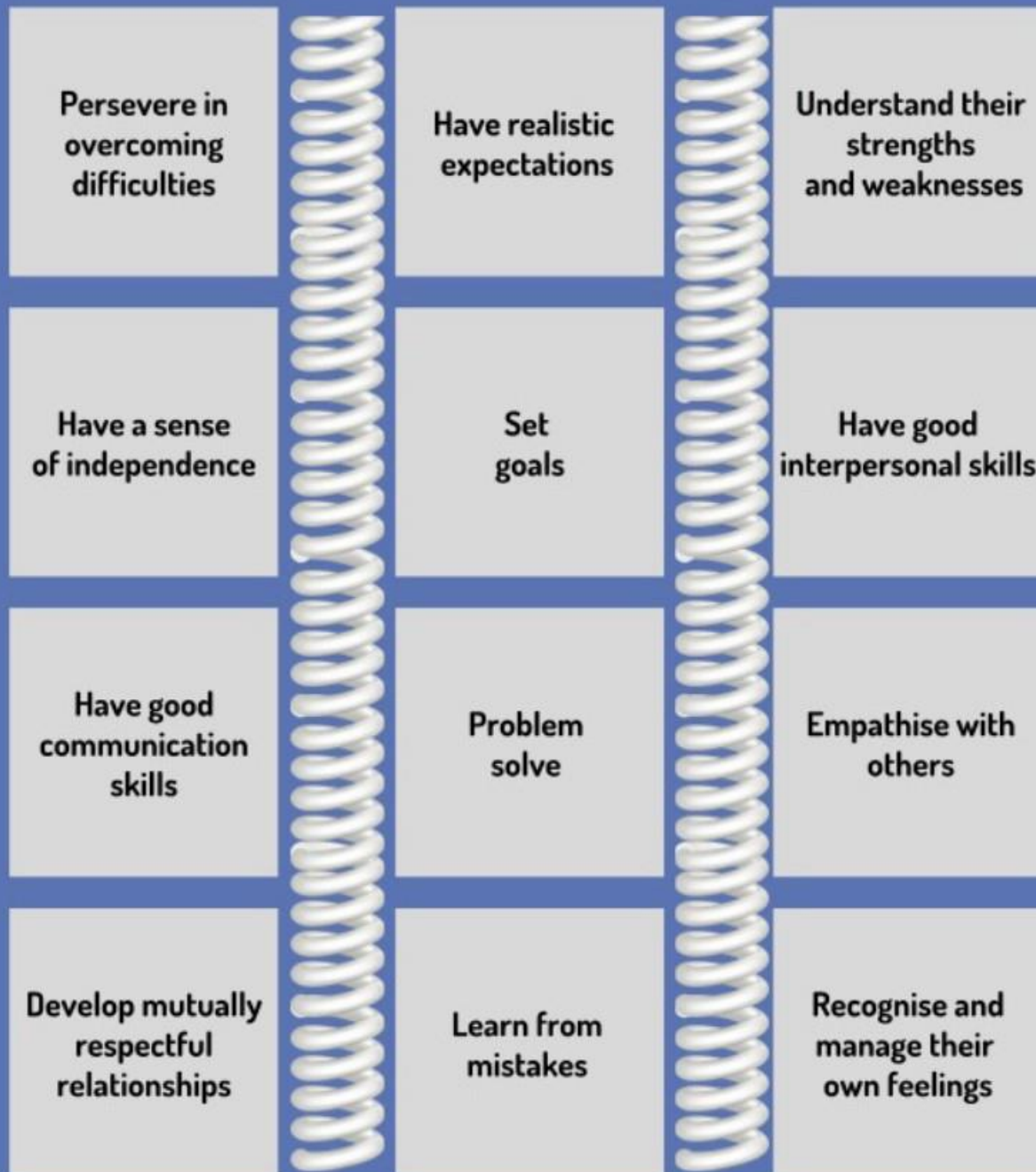
The extent to which an individual is able to remain calm and in control of their emotions in stressful situations



Support Seeking

The extent to which an individual is willing to ask others for help and support when dealing with difficult situations

THE COMPONENTS AND BENEFITS OF RESILIENCE



#resilience101 #bounceback #overcoming #youcandoit #wellbeingweds
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