

HOW TO DEVELOP RESILIENCE

Resilience is a quality of managing yourself in a difficult situation and not getting affected personally when things don't go as you plan. It is also defined as:

- The ability to bounce back from difficult situations in life
- The capacity to adapt when faced with challenging circumstances
- Redirecting stress reactions to be calm and composed in a challenging time
- Maintaining equilibrium between life and work
- Having a sense of control over the environment

We all are born with normal resilience but it's a skill that can be improved by learning the practices of rewiring our brain to become less reactive when we face challenges. In a simple term *"the more resilient you are, the better you cope with the stress"*.

Some strategies which you need to practice for building resilience are:

1. Have a positive approach towards life and work
2. Organise your work - prepare a list of tasks to be done daily
3. Focus on things that can be controlled
4. Maintain good connections with your colleagues, friends and family
5. Take adversity as a learning opportunity
6. Learn from your mistakes and failures
7. Give proper rest to your body
8. Keep yourself relaxed at work
9. Have hygienic and healthy food, and
10. Act and try to find solutions to your challenges

Resilience is a quality that helps you to bounce back from adverse situations. Thus, by developing resilience you can cope up with any stress in life.