



MINI
TRAINING
SERIES

Resiliency



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What is resiliency?: Resiliency is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. It's the ability to "bounce back" from difficult experiences.

Resilience is not a trait that people either have or don't have. It involves behaviors, thoughts, and actions that can be learned and developed in everyone.

Does being resilient mean you're always happy?



Resilience isn't about "toughing it out" or reacting to every setback with a smile. Resilient people still feel sad, angry, or frustrated when faced with a setback. They find ways to move forward, to tackle challenges with creativity, hope, and a positive attitude.

1. Make connections
2. Avoid seeing crises as insurmountable problems
3. Accept that change is a part of living
4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself



Developing resiliency is a personal journey. Some or many of the ways to build resilience listed may be appropriate to consider in developing your personal strategy.

If you need more detail around these steps to developing resiliency please visit the American Psychological Association's website (www.apa.org)