

Resilience and Self-Compassion

Most people have probably experienced adverse trauma and other stressors in the past year. Becoming more resilient gets you through a difficult time; resilience is the ability to cope with adversity and to use life challenges to build strength. It is like building strength in the gym, it takes time to build our resiliency muscle; a psychological attribute that allows us to maintain our sense of self despite stressors.

Resilience is a set of traits that allows one to move forward when life gets hard, you aren't born with them, you must learn and earn them. In the words of Glennon Doyle, "we can do hard things!" It is important to focus on cultivating resilience. How do we become more resilient?

- **Ensure your own basic needs are met;** Self-compassion helps build resilience and when we consider our own needs, we are being kind to ourselves. Focus on giving your body resources to manage stress rather than seeking to eliminate the feeling of stress. Here are some self-care tips:
 - Eat nutritious meals
 - Get enough sleep
 - Make social connections
 - Set healthy work boundaries
 - Keep a regular schedule allowing for rest and play
 - Pause and reflect on past hardships and how you overcame them
- **Focus on the positives by practicing gratitude.** Practice present moment awareness such as breathwork, meditation, journaling, or just appreciating the little things.
- **Reach out for support from friends, family, or a professional.** With the right tools and support in place, you can adapt to life-changing situations and emerge stronger than before.
- **Keep practicing** because it is never going to be perfect. Embrace your flaws/setbacks, get back up, dust yourself off and keep going.

Flex your resiliency muscle and build the strength to forge on into 2022. **Lean in and use the tools and skills you have gained thus far.** Resilient people don't let adversity define them and they appreciate what they have.

Manage your expectations and set intentions to move forward one small step at a time.

