



# UNDERSTANDING AND BUILDING RESILIENCE

## What is Resilience?

Resilience is the return to better-than-expected life after experiencing a traumatic or an adverse event. Resilience can be affected by both internal and external factors, but can be built overtime! Building resilience is important when dealing with stress or anxiety but it is directly related to our overall wellbeing.

## 4 Ways to Build Resilience



### Finding the Bright Side

Focusing on the positive is a good way to overcome adversity and increase resilience. Reflecting on the positive in a negative experience is a coping strategy that can help overcome stressful events.

### Engaging in Meaningful Activities

These are activities that you can do alone or with others that you have control over. They can create a sense of belonging and community. Read a book, journal, paint. Do anything that makes you feel happy and connected to yourself or others.

### Building Supportive Relationships

Warm, secure, and stable relationships can be very effective in building resilience. This relationship could be with a caregiver, mentor, elder, or leader within the community. Once resilience is built, becoming a mentor for others can also be protective against future adversity.

### Developing our Self-Awareness

Supporting the community and the community supporting you are important to building resilience. Having a sense of community creates a support network that builds resilience.

## Resilience Building Activity

Therapeutic writing can help one focus on their strengths and identify their purpose in life which can help in building resilience. Have a journal, and try to write down at least 1 thing every day you are grateful for and 1 thing you love about yourself.

