

T O P I C

# 05

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## BUILDING RESILIENCE AND OVERCOMING CHALLENGES

Resilience is a powerful trait, that appears to be the secret ingredient when we face challenges, and in our attempt to emerge stronger. In this topic, we will explore the concept of resilience, its role as a protective factor against stress, and practical strategies for building resilience to overcome challenges and improve well-being.



The contents herein are for informational and educational purposes only and are not intended as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional for any medical concerns or decisions.

# LEARNING OBJECTIVES

THIS TOPIC IS DESIGNED AROUND THE FOLLOWING MAIN LEARNING OBJECTIVES:

01

## **Define Resilience**

Be able to define resilience.

02

## **Describe how Resilience Act as a Protective Factor Against Stress**

Describe how resilience can help you cope with work-related stress and burnout.

03

## **Identify Ways to Build Resilience**

Identify different ways to build psychological resilience.

04

## **Recognize the Importance of Adaptability**

Understand how adaptability plays a critical role in maintaining resilience during periods of major change and uncertainty in the workplace.

05

## **Develop Strategies for Managing Energy**

Learn effective techniques for managing personal energy levels throughout the day, enhancing overall productivity and reducing burnout.

06

## **Improve Interpersonal Sensitivity**

Enhance awareness of the emotional and environmental factors that impact resilience, and develop empathy-driven approaches to fostering resilience in both personal and professional relationships.

07

## **Strengthen Self-Regulation Skills**

Develop the ability to effectively manage emotions and behavior in response to stress and challenging situations, promoting emotional stability and resilience.

# COMPETENCES

THIS TRAINING CONTENT IS DESIGNED TO HELP YOU ACQUIRE THE FOLLOWING COMPETENCES:

- 01 **Adaptability:** Maintaining effectiveness when experiencing major changes in work tasks or the work environment; adjusting effectively to work within new work structures, technologies, processes, requirements, or cultures. Tries to understand changes. Approaches change or newness positively. Quickly modifies behaviour to deal effectively with changes in the work environment.
- 02 **Interpersonal Sensitivity:** Show that you are aware of others and the environment as well as the influence exerted on both. Develop a behaviour that reflects the recognition of the feelings of others, showing empathy in the face of the different situations that can occur in personal dealings with employees or collaborators.
- 03 **Energy Management:** Ability to approach your working day with the mindset that you are managing your energy, not only your time.
- 04 **Resilience:** Capacity to withstand or to recover quickly from difficulties, toughness.
- 05 **Self-regulation:** Ability to understand and manage your behaviour and your reactions to feelings and things happening around you.
- 06 **Tolerance to Stress:** Continue to act effectively under time pressure, dealing with disagreement, opposition, and adversity.

# INTRODUCTION TO RESILIENCE

Growing up in a country marked by racial segregation and oppression, Nelson Mandela witnessed stark injustices from an early age. His passion for justice and equality led to his imprisonment on Robben Island for 27 years, enduring harsh conditions and separation from his family. His remarkable journey from prisoner to president is a source of inspiration for individuals from all walks of life, and a testament of an extraordinary power of resilience. He once said: *"I never lose. I either win or learn"*. These words have captured the very essence of what it means to be resilient.

Resilience is a powerful trait, that appears to be the secret ingredient when we face challenges, and in our attempt to emerge stronger. Resilience has been described as the "capacity to remain flexible in our thoughts, feelings, and behaviours when faced by life disruption, or extended periods of pressure so that we emerge from difficulty stronger, wiser, and more able" (Pemberton, 2015, p. 2). Being resilient does not mean that you do not experience stress or avoid negative emotions, but working through them and not allowing them to define you.





Resilience, is like a buffer against the harmful effects of stress. It's our ability to recover or "bounce back" from difficult situations, and it involves skills like managing emotions, adapting to change, and staying positive even in tough times. Think of resilience as a toolkit: it gives us practical ways to cope with stress, like reframing challenges as growth opportunities, leaning on support networks, or using healthy habits to calm the body and mind.

Scientifically, resilience works by helping our brain and body stay balanced during stressful times. When we're resilient, we're better able to keep stress hormones (like cortisol) in check. This balance helps us feel calmer, think more clearly, and make healthier decisions, even under pressure.

Over time, resilience not only protects us from the effects of stress but can actually make us stronger, better prepared for future challenges, and more likely to maintain a healthy, positive outlook. In fact, resilience has a protective effect on both mental and physical health. Research shows that people with higher resilience have lower levels of inflammation and are at a reduced risk for stress-related illnesses, such as heart disease, high blood pressure, and depression. This is because resilience helps to modulate the body's stress

response, preventing the chronic inflammation and immune suppression associated with prolonged stress exposure



# RESILIENCE AS A PROTECTIVE FACTOR AGAINST STRESS

Whether we like it or not, stress is part of our lives – however, over time, it can have a damaging impact on our psychological, emotional, and physical well-being.

Psychological resilience can act as a protective factor from stress effects and boost individuals' ability to regain control of their lives (Southwick & Charney, 2018). Specifically, in a study by Garcia and Gambarte (2019) with a sample of 334 teachers, resilience acted as a protective factor against the self-perception of symptoms of chronic stress, typical of burnout syndrome.

Additionally, resilience has been found to act as a protective factor against the effects of depression and anxiety during a study following the effects of the pandemic of COVID-19 (Van Wyk, 2022).

There are many benefits associated with building resilience such as:

- **Reduced risk of stress-related physical symptoms**, along with anxiety and depression (Brant, 2024).
- Contribute to **greater longevity** (Zeng and Shen, 2010) – better

preparation for life's unpredictability.

- Greater **professional success** (Arnold, 2024).
- **Improved Learning Ability** through minimising our fear of failure and getting out of our comfort zone (Brant, 2024).
- **Stronger social ties** and relationships (Brant, 2024)



## The sympathetic nervous system

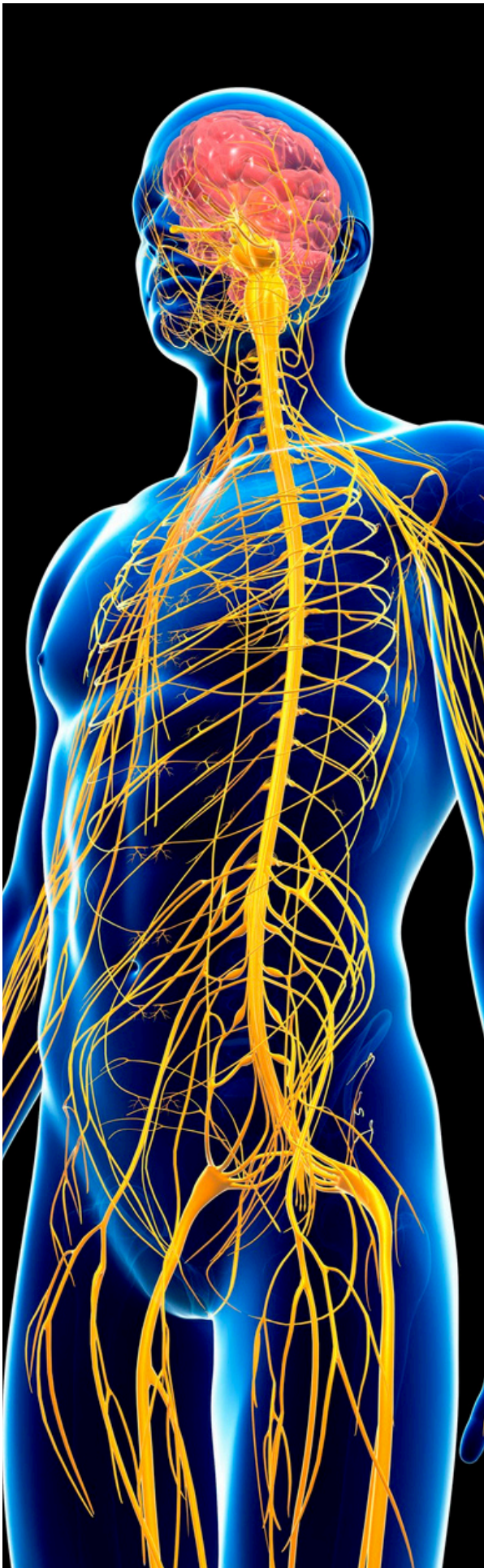
We've already talked about the fact that when we encounter stress, our body activates the often called the "fight-or-flight" response, which has to do with the sympathetic nervous system. This releases stress hormones, such as cortisol and adrenaline, which prepare the body to react by increasing heart rate, blood pressure, and alertness. While short bursts of stress can help us respond to immediate challenges, ongoing stress keeps these systems activated too long, leading to wear on the body and mind, affecting sleep, mood, and even immune function.

Resilience involves skills and mental habits that help us regulate this stress response more effectively. People with higher resilience tend to have a faster return to baseline, or what scientists call homeostasis, after a stressful event. This means their stress hormones decrease more quickly, and they recover faster physically and mentally.

Techniques associated with resilience, such as positive thinking, social support, and emotional regulation, help activate the parasympathetic nervous system, which calms the body and helps bring stress hormone levels back down to a healthy range. Let's explore further how resilience helps your brain deal with stress.







- The Prefrontal Cortex (PFC): This part of the brain, involved in decision-making and impulse control, plays a central role in resilience. Guess which part of the brain shuts off in times of stress? Yes, you guessed it right - its the PFC. Now it makes more sense, why sometimes there is no sense in the ways we react to stress right? When faced with stress, a resilient person's PFC remains more active, allowing them to think clearly, plan, and problem-solve, rather than reacting impulsively.
- The Amygdala: The amygdala, responsible for processing fear and emotional responses, is more likely to go into overdrive under prolonged stress. Resilience can help individuals strengthen connections between the PFC and the amygdala, making it easier to keep emotional responses in check and respond to stress *thoughtfully* rather than *reactively*.
- The Hippocampus: This area is involved in memory and can be negatively impacted by chronic stress and high cortisol levels. Resilience helps maintain a healthy hippocampus, supporting better memory and learning, which helps us remember and apply effective coping strategies.

# ROLE OF SELF-COMPASSION IN BUILDING RESILIENCE

Chances are, that you've neglected this topic way too much than you should. But understand this: building resilience to manage work-related stress benefits greatly from self-compassion, which allows us to approach work demands and stressors from a place of kindness and balance rather than self-criticism.

Work can often trigger feelings of inadequacy, especially when we encounter setbacks or criticism. Sometimes, perfectionism can be like carrying around a very heavy backpack at work. Every little mistake? Another brick in the pack! Self-compassion teaches us to ditch a few bricks by letting go of that "must be perfect" mindset.



Self-compassion helps us recognize that mistakes are a natural part of learning and growth and that it's okay to mess up sometimes—no one's perfect! When we accept this, we stop using so much energy on trying to get everything 100% right and can focus more on learning, growing, and getting things done without burning out. Research shows that self-compassion helps reduce anxiety and fear of failure, making us more willing to try, fail, and try again. So next time you make a mistake, try telling yourself, *"Well, that was a lesson!"* rather than, *"I'm terrible at this"*.

With reduced perfectionism, you are less likely to burn out or feel paralyzed by fear of failure. This makes it easier to keep progressing, learn from mistakes, and maintain energy levels, which are all crucial for resilience.

## Managing the Inner Critic

Ever have that little voice in your head say, "Why did you do it that way?" That's the inner critic, and it's a natural part of us all. But letting it run the show can crush resilience, making us feel small and stuck. With self-compassion, you can turn down the volume on that critic and swap it

with a kinder voice. Imagine saying, “Hey, we’ve got *this*” instead of “Ugh, *not again!*” This makes it easier to bounce back and keep going when things get tough.

Instead of beating yourself up, **learn to speak kindly to yourself**, viewing failures as opportunities to improve rather than as proof of inadequacy. This kinder inner dialogue helps overcome that “inner critic” which magnifies every small mistake and feeds negative self-talk. When you speak kindly to your own self, your ability to recover from setbacks will hasten naturally, as you won’t be bogged down by shame or harsh self-blame. In stressful work situations, a gentler self-view provides the mental clarity and motivation needed to get back on track without unnecessary self-inflicted stress.

Self-compassion reduces self-criticism and increases **self-acceptance**, which lowers stress. Next time that critic pipes up, try a response like, “Thanks, but I’ve got *this*”, and move on with your day.

## Emotional balance

Work stress can trigger a cocktail of emotions—frustration, disappointment, even anger. Ignoring these emotions doesn’t make them go away; instead, they tend to build up, adding to our stress. Self-compassion allows us to process these feelings in a healthy, balanced

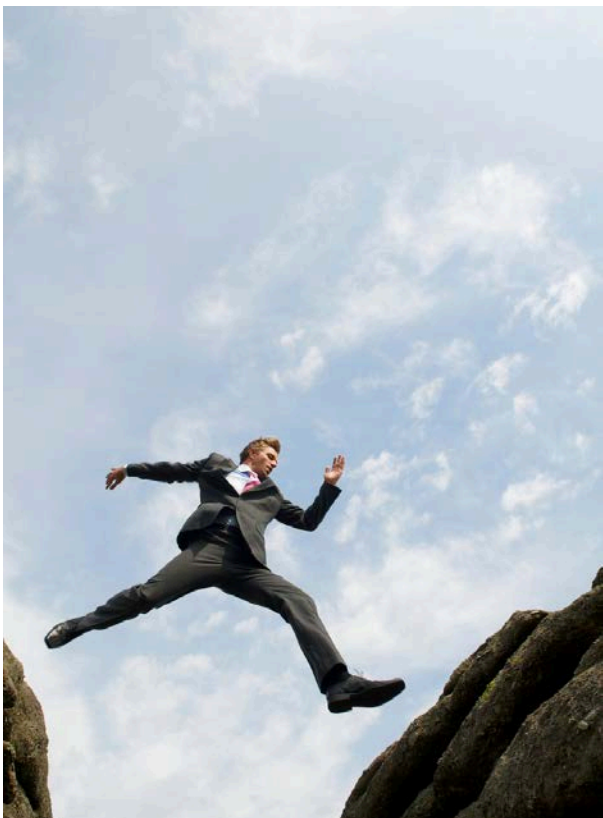
way. When we remember to acknowledge and accept these feelings without judgment, self-compassion allows us to experience them, process them, and then let them go. It’s like emotional housekeeping—regularly clearing out stress so it doesn’t clutter our minds and drain our resilience. Being self-compassionate will help you regulate emotions and keep stress from spiraling out of control. That is because when we let ourselves feel and process emotions, we actually recover faster, reducing the overall impact of stress on our health and well-being.

On the other hand, when you feel isolated or like you’re the “only one” struggling, remind yourself that others likely feel the same way. Try connecting with a colleague over shared experiences or just saying, “*I’m not alone in this*”. It can lighten your load.





Work stress doesn't just live in the mind; it shows up in our bodies too. Chronic stress can elevate cortisol levels, disrupt sleep, and weaken the immune system. We often push ourselves at work, thinking, "If I just work a little harder, I can get ahead." This mindset can easily lead to burnout, especially when we ignore our limits. Self-compassion helps counter these effects by activating the body's natural relaxation response and encouraging a more balanced, sustainable view. Self-compassion teaches to **respect your own limits**. It's okay to take breaks, say "no" to extra work, or ask for help. These choices aren't signs of weakness; they're signs of resilience, as they allow us to stay mentally and physically healthy over time. This is simply a step closer to treating yourself with kindness and it will help



you calm your stress response, allowing the body to relax. In fact, doing so will lower cortisol levels and reduces the physical toll of stress, creating a foundation for stronger resilience.

Motivation at work on the other hand, can often feel like it's powered by fear—fear of mistakes, fear of letting others down, fear of failing. But fear-based motivation is exhausting and not sustainable. Self-compassion offers a gentler and more sustainable way to stay motivated: rather than pushing yourself to avoid mistakes, you're driven by a desire to grow, improve, and enjoy your work. Manage stressful situations at work with self-compassion, by not letting feelings like frustration or disappointment; to bottle up. Instead, acknowledge them and let them pass. Treat your emotions like a visitor—let them come, give them tea, then politely see them out. This prevents stress from piling up. Processing emotions with self-compassion can indeed reduces stress levels. So, next time you feel frustrated, give yourself permission to feel it. Then, after a moment, let it go. Think of it as taking out the emotional trash.

Self-compassionate people are more likely to persevere through challenges. Next time you're facing a big project, try saying, "*Let's see what I can learn from this*", instead of stressing about the outcome. Remember: be kind to yourself!

# DID YOU KNOW

A black and white photograph of a woman with long dark hair, eyes closed, and hands in a prayer position (Anjali Mudra). She is wearing a white off-the-shoulder top and a dark beaded necklace. The background is a blurred natural setting. A purple semi-transparent box is overlaid on the right side of the image, containing text.

## SELF- ACCEPTANCE CAN **REDUCE** **STRESS**

A study conducted by researchers at the University of Texas found that participants with higher self-acceptance levels had a 41% faster recovery from stress than those with lower self-acceptance levels. They also showed a 25% reduction in physiological stress markers (like cortisol levels) when practicing self-acceptance techniques during high-pressure situations.

**REPLACE SELF-CRITICISM  
WITH SELF-ACCEPTANCE**



*Note to self :*

**Don't just be good to others.  
Be good to yourself too.**



# THE 7 CS OF RESILIENCE

The 7 Cs of resilience offer a way to understanding and developing resilience by explaining the qualities and characteristics of resilience. Here we will explore each of the 7 Cs in-depth, revealing the keys to mastering resilience:

## CONTROL

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**Embracing what you can Influence.** This is the ability to recognize the elements within our control, but also to let go of those which we cannot affect or change. It is key to understand that some external events may be out of your control, but by controlling your reactions to an adverse situation, you regain a sense of agency and empowerment.

## COMPETENCE

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**Learning is a never-ending journey!** Building resilience is a continuous learning process, where the individual seeks to grow and expand their capabilities through engaging in activities that push their boundaries, utilize their problem-solving skills and overcome challenges to achieve their goals.

## COPING

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**Healthy Strategies for Navigating Challenges!** Coping involves effectively managing stress and adversity in a healthy and adaptive way. Coping strategies are essential tools in the hands of a resilient person to better withstand the pressures of life and rise stronger, some examples might include exercise, mindfulness etc.

## CONFIDENCE

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**Believe in yourself!** A person with confidence trusts their ability to overcome any challenge they face, and they also possess the strength to persevere. Self-confidence is reflected in their ability to recognize their strengths and weaknesses, and to reframe setbacks as lessons learned.



## CONNECTION

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·**Together we are Stronger! 'Alone we can do so little, together we can do so much!'** Resilient individuals are not afraid to ask for help and lean on their support networks during tough times, drawing strength and encouragement, but also exposing them to diverse perspectives about a given situation.

## CHARACTER

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·**Embracing Values and Integrity!** During challenging times our values are tested – character represents our moral compass that guides our decisions and actions. By staying true to their principles and ethics, individuals cultivate inner strength and resilience that can withstand the tests of time.

## CONTRIBUTION

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**Find your Purpose!** Engaging in activities that contribute to a greater purpose, provides a sense of direction and motivation during challenging times. By focusing on making a positive impact on the world, it nurtures resilience to overcome any obstacles in your journey.



# HOW TO BUILD YOUR RESILIENCE

It is important to note, that people are not born resilient, but it is a skill that you can develop and grow over time. According to the 7 Cs approach, building resilience entails nurturing particular traits and attributes and these strategies can be proved useful to the journey of building your resilience:

## CONTROL

Practice mindfulness and self-awareness to recognize the aspects of situations that are within your control. A useful methodology we can use to achieve this is the circle of control. The Stoic philosophers Seneca, Epictetus, and Marcus Aurelius all reflected extensively on the circle of control.

Learn more about the Circle of Influence and Control, and how to use it in your daily reflective practices from Stephen Covey himself in the video below.

[WATCH VIDEO](#)

## COMPETENCE

Identify your strengths, weaknesses and talents and seek opportunities to develop and refine them further through formal education, workshops and self-directed learning initiatives.

A useful model to identify your

strengths and weaknesses is the **SWOT Analysis**, which is divided in:

- **Strengths and weaknesses.** They focus on internal factors, such as pre-existing competencies or skills we do not yet possess.
- **Opportunities and threats.** They focus on factors in our environments that may facilitate our ability to use or develop further our strengths or threaten to expose our weaknesses.

The **personal SWOT analysis worksheet designed by MINDTOOLS** below can help you in exercising this get-to-know-yourself activity.

[DOWNLOAD THE WORKSHEET](#)



## COPING

There's no one-fits-all applicable coping technique, so that's why you need to build a toolkit of healthy coping strategies that work *for you* personally. They might include things such as deep breathing, exercise, meditation etc.

Learn more on how to find your coping mechanism in this short video below.

WATCH VIDEO

## CONNECTION

Nurture your relationships with friends, family and your community by prioritizing quality time and meaningful interactions.

In the video below, you will find more practical advises on how to build connections and maintain good relationships.

WATCH VIDEO

## CONFIDENCE

Challenge negative self-talk and set yourself up for success by setting achievable goals and celebrating progress along the way.

In the next video, you will find a complete guide to goal setting to help you get started:

WATCH VIDEO

## CHARACTER

Developing strong character means staying true to your values. A resilient person doesn't just push through challenges; they grow through them by learning from every experience.

Watch the video below, to learn why not being aware of your highest values makes it exponentially more difficult to create a meaningful, and fulfilling life.

WATCH VIDEO

## CONTRIBUTION

Volunteer, support a cause that resonates with you – by contributing to something greater, you cultivate a sense of purpose and meaning.

Learn more about building resilience by the freedom to do something important through volunteering in the video below.

WATCH VIDEO



## QUOTE



IT'S YOUR REACTION TO  
ADVERSITY, NOT ADVERSITY  
ITSELF THAT DETERMINES  
HOW YOUR LIFE'S STORY  
WILL DEVELOP.

Dieter F. Uchtdorf

# FINAL THOUGHTS

Resilience is a light that shows us the way to our inner strength and well-being in a world full of stress and uncertainty. People can use resilience to shield themselves from the negative effects of stress and through implementing proactive stress management techniques. Allow resilience to be your ally in overcoming life's obstacles, enabling you to prosper under the most trying conditions.

Remember, building resilience is a lifelong journey that requires continuous practice, self-reflection, and a commitment to personal growth.



# PRACTICAL ACTIVITY



## Build your resilience plan

This exercise will help you draw on your resilience resources to build a personal resilience plan, which you can use to help you address any future challenges.

### TRY THIS:

**Step 1 - Reflection** - Recall a recent example that you showed resilience - think about a time recently when you overcome a challenge or set back in at work or in your life in general.

**Step 2 - Identify Supportive people** - What 'supportive people' in your life kept you standing when it would have been easier to fall down?

**Step 3 - Identify Coping strategies** - What 'strategies' did you use to help yourself cope with any negative thoughts and feelings that showed up in response to the difficulty?

**Step 4 - Identify your Sagacity** - What 'sagacity' helped you bounce back from this difficulty? Sagacity is the wisdom and insight that you hold onto.

**Step 5 - Identify Solution-Seeking behaviour** - What solution-seeking behaviors did you display to help you actively deal with the problem?



# EXAMPLE RESILIENCE PLAN

It's time to build your own resilience plan. But don't worry, it sounds more complicated than it is. Combine the elements above to ensure a holistic approach, allowing you to build a robust plan that not only prepares you for potential challenges but also enhances your ability to recover and grow from them. What specific aspects are you considering for *your* resilience plan? Here's a good example of how your reflection could look like:



# PRACTICAL ACTIVITY



## Staying connected to your values

It might be challenging to maintain our moral compass in the face of stressful life situations. However, values may also be a light in the shadow of difficult circumstances, reminding us of the reasons it's worthwhile to persevere, stand up for what's right, and accept responsibility. Making a visual reminder of your ideals is the main goal of this exercise.

## GET STARTED:

### STEP 1:

Pick a blank piece of paper to use to visually express your values. It can be a single sheet of paper or a visual representation using software such as Canva or Power Point. You could choose to use words, images, or illustrations (or a combination of these). Feel free to express yourself creatively as long as the way you decide to express your principles speaks to you on a personal level.

### STEP 2:

Once your visual values reminder is finished, you may place it in a visible location where you will see it every day, like on your desk at work or on the refrigerator. It might assist you in maintaining perspective on the reasons your struggle is worthwhile.



# EXPERIENTIAL ACTIVITY #1

## CLOSED AND OPEN DOORS

“The only thing that is constant is change”. This exercise aims to make you aware that the end of something is also the beginning of something new.

Think about a time in your life where someone rejected you or you missed out on something important, when a big plan failed. These would be points in your life where a door closed. Now think about what happened after: what doors opened after? What would have never happened if the first door didn't close? Write down these experiences in the spaces below (write as many experiences as possible that come to mind).



## GET STARTED BY:

### REFLECTION QUESTIONS:

- *What led to the door closing? What helped you open the new door?*
- *How long did it take you to realize that a new door was open?*
- *Was it easy or hard for you to realize that a new door was open?*

### NOW LIST YOUR ANSWERS:

- **The door that closed on me was:**
- **The new door that opened for me was:**

# EXPERIENTIAL ACTIVITY #2

## WRITE A KIND LETTER TO YOURSELF

Being kind to yourself is key in building personal resilience. Yet, we often put this to the side and neglect its added value. It's time to change this and begin being kind to your self.

The objective of this activity is to practice self-compassion and kindness by writing a letter to *yourself*. This exercise helps you reconnect with your strengths, forgive yourself for mistakes, and offer encouragement during challenging moments.



## GET STARTED BY:

1. Find a quiet space where you can reflect for a few minutes. Get a pen and paper, or open a document on your computer.
2. Imagine you are writing a letter to a close friend who is going through a tough time. Think about what words of encouragement and kindness you would offer them.
3. Now, turn the focus on ***yourself*** and write the letter to you. Be gentle, kind, and understanding as you would to a friend. In your letter, include the following:
  - Acknowledge your struggles: Gently recognize what you're going through, without judgment. For example: *"I know things have been tough at work lately and you've been feeling overwhelmed"*.
  - Offer compassion and understanding: Remind yourself that it's okay to struggle and that everyone faces difficulties. For example: *"It's*

*completely okay to not have all the answers right now. You are doing your best, and that's enough".*

- Celebrate your strengths and progress: Reflect on your resilience, abilities, and small victories. For example: *"I'm so proud of how you've handled these challenges so far. You've shown so much determination, even when things weren't easy."*
- Encourage yourself for the future: Offer words of encouragement to help you stay positive and motivated. For example: *"Remember that you're capable of overcoming any challenge that comes your way. Take things one step at a time".*

*4. Read the letter aloud if you can. Allow yourself to truly absorb the kind words you've written.*

*5. Reflection:*

- *After writing the letter, take a moment to reflect. How does it feel to be kind and gentle with yourself?*
- *Do you notice any change in how you view your current situation or yourself?*

Keep this letter in a safe place and revisit it whenever you need a reminder to be kind to yourself. You can even write yourself a new letter each week, celebrating your growth and offering continued encouragement.





# deAR ME

Dear Me,

I know things have been a bit overwhelming lately, and you're probably feeling like you're juggling too much at once. It's okay to feel that way - life has its ups and downs, and it's not always easy to keep up. But I want you to know something important: You are doing the best you can, and that's more than enough.

I can see how hard you work, even when it feels like no one notices. You've handled so many challenges with grace, even when you felt like giving up. It's easy to forget, but you've made it through tough days before, and you'll make it through this one too. The fact that you keep going, even on days when it feels impossible, speaks to your strength and resilience.

You don't need to be perfect. You don't need to have all the answers, and you don't need to be everywhere at once. It's okay to take a breath, step back, and ask for help when you need it. You are worthy of care, kindness, and time for yourself, just like anyone else.

Remember, you've already accomplished so much, even if it doesn't feel like it in the moment. Celebrate those small wins. Every step you take is progress, and you should be proud of how far you've come.

You are capable of facing anything that comes your way. Life may throw challenges, but you are strong enough to handle them. Be patient with yourself, and know that you're allowed to rest, to pause, and to be kind to yourself along the way.

I believe in you. You've got this.

With kindness and love,

Me





# ASSESSMENT

01.

What is resilience in the context of psychology?

- ☐ A- The capability to predict stressful events
- ☐ B- The ability to avoid stress completely
- ☐ C- The ability to recover quickly from difficulties

02.

What role do social connections play in resilience?

- ☐ A- They strengthen resilience by providing support
- ☐ B- They weaken resilience by making people dependent
- ☐ C- They have no impact on resilience

03.

Resilient individuals are more likely to:

- ☐ A- Avoid making decisions
- ☐ B- Blame others for their problems
- ☐ C- Remain flexible in their thoughts, feelings, and behaviours

04.

Which of the following is NOT one of the 7 Cs of resilience?

- ☐ A- Competence
- ☐ B- Competition
- ☐ C- Connection



# ASSESSMENT

05.

In the context of the 7 Cs of resilience, what is "Character"?

- ☐ A- A person's sense of right and wrong
- ☐ B- A person's ability to manage stress
- ☐ C- A person's competitive nature

06.

What does "Contribution" encourage in the 7 Cs model?

- ☐ A- Giving back to others and the community
- ☐ B- Receiving help from others
- ☐ C- The knowledge of one's strengths and abilities

# ASSESSMENT ANSWERS

**1-C**

**2-A**

**3-C**

**4-B**

**5-A**

**6-A**

# KEY TAKEAWAYS

01

Resilience is a powerful trait, that appears to be the secret ingredient when we face challenges, and in our attempt to emerge stronger.

02

Psychological resilience can act as a protective factor from stress effects and boost individuals' ability to regain control of their lives.

03

The 7 Cs of resilience offer a framework for understanding and developing resilience, providing valuable insights into the qualities and characteristics required.

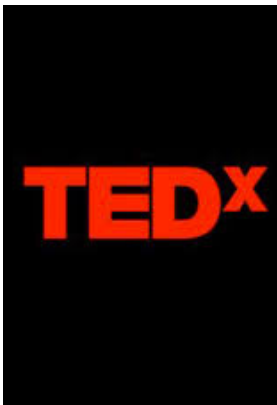
04

People are not born resilient, but it is a skill that you can develop and grow over time.



# RESOURCE LIBRARY

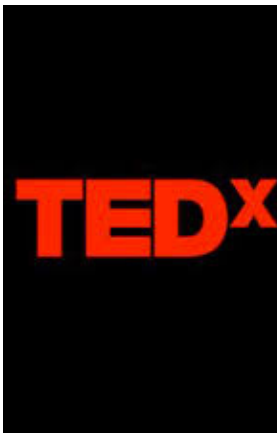
Explore valuable insights and resources on building resilience through stress, including expert talks, research, and practical strategies for overcoming obstacles, coping with trauma, and cultivating a more resilient and meaningful life.



## FROM STRESS TO RESILIENCE

Facing stress in our lives is an integral component of being more resilient, says Raphael Rose. In his research for NASA, he finds that accepting and even welcoming stress helps us become more resilient, leading to a more meaningful, joyful, and socially connected life.

[WATCH ON YOUTUBE](#)



## SH\*T HAPPENS. 8 LESSONS IN RESILIENCE

Life is never smooth. Sh\*t happens. So what can help? Fiona Starr and Mike Solomon are Clinical Psychologists who have each experienced trauma in their personal lives. They open up about what they have learnt about being resilient, coping and thriving when times are tough.

[WATCH ON YOUTUBE](#)



## CULTIVATING RESILIENCE

Happiness, success, health - we all strive toward a life full of meaning. But when we face obstacles, how do we move forward? Dr. Greg Eells outlines exactly what it means to build resilience in our lives.

[WATCH ON YOUTUBE](#)

# RESOURCE LIBRARY

Explore valuable insights and resources on building resilience through stress, including expert talks, research, and practical strategies for overcoming obstacles, coping with trauma, and cultivating a more resilient and meaningful life.



## HARVARD'S STRESS EXPERT ON HOW TO BE MORE RESILIENT

In this precious video, Harvard physician Aditi Nerukar explains how to rewire your brain's stress response to live a more resilient life.

[WATCH ON YOUTUBE](#)



## RISE RESILIENCE

The Pepperdine University's RISE Program seeks to build the physical, social, cognitive, spiritual, service, and life skills resilience by providing building blocks that can be used to navigate life's difficulties.

[ACCESS THE PROGRAM](#)

# REFERENCES

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