



A STUDY ON RESILIENCE, ESSENTIAL CHARACTERISTICS, AND IMPROVING SKILLS

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ABSTRACT

The ability to overcome challenging or demanding life events, notably through mental, emotional, and behavioral flexibility and adaptation to internal and external difficulties, is known as resilience. To understand and overcome hardship, resilience is essential; it is important. People with low levels of resilience find it difficult to cope with stress and may use unhealthy coping strategies. This study focuses on signs, types of resilience, Factors that help build resilience, essential skills that make resilience, the 7 c's of resilience, characteristics of a resilient person, building and cultivating resilience, and tips for improving resilience.

KEYWORDS: *Physical resilience, Mental resilience, Emotional resilience, social resilience, Gratitude, Self-compassion, Optimism.*

INTRODUCTION

Resilience, according to the American Psychological Association, is both the process and the outcome of successfully responding to unfavorable or difficult conditions in life (APA). The APA defines it as the ability to adjust mentally, emotionally, and behaviorally to both internal and external events. The Resilient Option program's creator and executive director Amit Sood, MD, says that resilience is "your capacity to overcome hardship, bounce back, and thrive despite life's setbacks." How well people adapt to adversity depends on a number of elements, the most important of which are:

- the perspectives and interactions that people have with the world
- the extent to which and the caliber of social resources
- certain coping mechanisms

The resources and abilities linked to more positive adaptation (i.e., more resilience) can be developed and exercised, according to psychological studies. It's critical to keep in mind that you must gradually build your skill set to become resilient. You have to work hard to build resilience, and there will probably be challenges along the road. It depends on both internal and environmental elements, including interpersonal relationships and self-esteem. Even people who are resilient experience pain, turbulence, and stress. It takes resilience to endure emotional pain and sorrow. Resilient individuals rely on their assets and network of allies to overcome obstacles and find solutions.

Everyone will experience twists and turns in life, from routine difficulties to horrific incidents with longer-lasting effects, such as the loss of a loved one, a life-changing accident, or a serious disease. Life may not come with a map. Every change has a varied impact on individuals, bringing with it a distinct onslaught of ideas, potent emotions, and uncertainty. However, resilience plays a key in how successfully people often adjust over time to stressful and life-changing experiences.

Resilience is the ability to adapt successfully in the face of adversity, trauma, tragedy, threats, or severe sources of stress, such as issues with family and relationships, serious health issues, or challenges in the financial and professional spheres. As much as overcoming these challenging events by "bouncing back," resilience can also result in significant personal development.

THE OBJECTIVE OF THE STUDY

1. To study the signs of resilience and types of resilience.
2. To study the characteristics of a resilient person.
3. To provide the essential skills that make resilience.
4. To provide ways to build and cultivate resilience.
5. To provide tips to improve resilience.



SIGNS OF RESILIENCE

People with a survivor mentality consider themselves survivors. They are aware that if difficult circumstances do emerge, they can overcome them. The ability to successfully control one's emotions under stress is a trait of resilience. Figure 1 shows the signs of resilience.

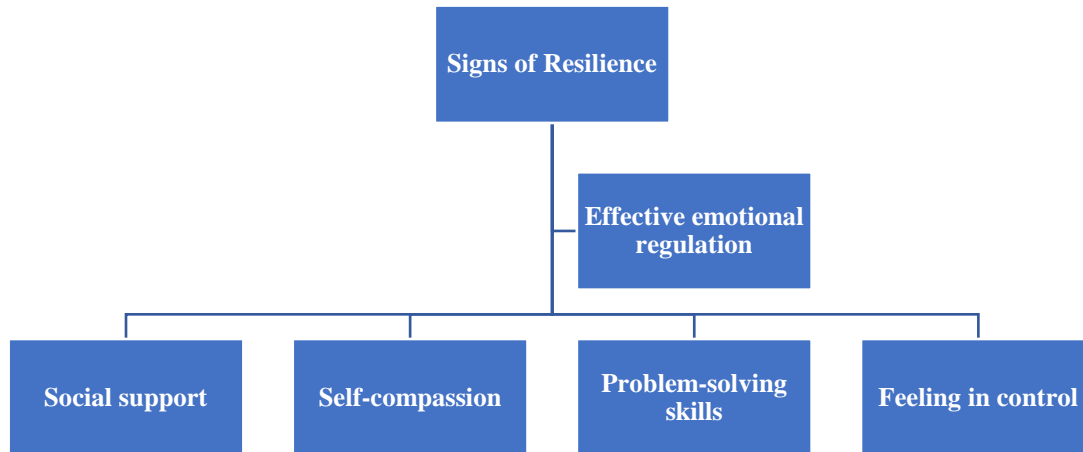


Figure-1

EFFECTIVE EMOTIONAL REGULATION

This is not to say that those who are resilient don't feel intense emotions like fear, grief, or rage. It indicates that they understand those emotions are fleeting and can be controlled till they pass.

- **Feeling in control:** People who are resilient frequently have a strong internal locus of control and believe that their choices can influence how things turn out.
- **Problem-solving skills:** Resilient people think critically about issues and try to come up with solutions that will make a difference.
- **Self-compassion:** Being compassionate toward oneself and accepting of oneself are additional signs of resilience. Resilient people are compassionate to themselves, even in trying circumstances.
- **Social support:** Having a strong support network is another sign of resilience. People who are resilient understand the value of support and when to seek assistance.

TYPES OF RESILIENCE

There are four types of resilience. Figure2 describes the types of resilience



Figure-2



PHYSICAL RESILIENCE

Physical resiliency is the body's capacity to overcome obstacles, keep its strength and endurance, and heal swiftly and effectively. It refers to a person's capacity to carry out daily activities and bounce back after accidents, illnesses, or other physical demands. As people deal with physical pressures and medical problems, research indicates that physical resilience is crucial to good aging. Physical resilience is influenced by a variety of factors, including healthy lifestyle choices, relationships with friends and neighbours, deep breathing, wise rest and recovery time, and enjoyment of enjoyable activities. The ability of the body to adapt to change and recover from physical pressures, diseases, and injuries is known as physical resilience. According to research, this kind of resilience is crucial for good health. It affects how people age, how they respond to physical stress, and how they handle medical issues. By choosing a healthy lifestyle, people can boost their physical resistance to some extent. By obtaining enough sleep, eating a balanced diet, and exercising frequently, one can develop this type of resilience.

Mental Resilience

Mental resilience is the capacity of a person to adapt to change and uncertainty. Such adaptable people remain calm and collected under pressure. They rely on their mental toughness to get through challenges, keep moving forward, and keep their positivity. Psychological resilience is the capacity to mentally handle or adjust to hardships, adversity, and uncertainty. "Mental fortitude" is another name for it. Psychologically resilient people learn coping mechanisms and coping abilities that allow them to remain composed and on task throughout a crisis and recover without suffering anguish or worry over the long run.

Emotional Resilience

The Children's Society states that everyone has a different way of handling stress and adversity emotionally. Some people are more or less susceptible to change by nature. Some people may experience a wave of emotions in response to a circumstance, whereas others may not.

People that are emotionally strong are aware of their feelings and their motivations. Even in times of crisis, they maintain a sense of realistic optimism and take the initiative to use both internal and external resources to survive. They are competent at effectively controlling both their own emotions and outside stimuli.

Being able to maintain emotional control under stress requires emotional resilience. Resilient people are frequently in touch with their inner selves and aware of their emotional reactions. People are thus also able to calm their minds and control their emotions when faced with unfavourable situations. People with this form of resilience are also better able to maintain their optimism in trying situations. They know that hardship and challenging feelings will pass because they have emotional resilience.

Social Resilience

The ability of a community to overcome hardship is referred to as social resilience, also known as community resilience. It requires engaging with others and working together to find answers to problems that affect people both individually and as a group. Social resilience includes coming together after disasters, helping one another out socially, becoming aware of the risks the community faces, and cultivating a sense of community. Such measures may be essential in the face of challenges like natural disasters that affect large populations or communities.

Factors that help build resilience

Social assistance According to research, one's supportive social networks—which may include one's immediate or extended family, the community, friends, and organizations—help one develop resilience in the face of adversity. **Self-esteem** In the face of difficulty, one might avoid feeling helpless if they have a healthy sense of self and confidence in their abilities. Self-esteem and resilience were found to be closely associated, according to a study published in *Frontiers in Psychology* in November 2020.

Coping skills

Coping abilities A person who needs to work through adversity and conquer hardship gains empowerment from having coping and problem-solving skills. According to research, employing productive coping strategies (such as optimism and sharing) might support resilience more so than ineffective ones.

Communication skills

Talents in communication People can seek assistance, mobilize resources, and take action when they are able to communicate simply and effectively. According to research, those who can communicate with others, demonstrate empathy for them, and foster their confidence and trust are more likely to be resilient. **remarkable personal development emotional control** A study published in *Frontiers in Psychology* in November 2017 revealed that the ability to control potentially overpowering emotions (or seek support to work through them) helps people remain focused when facing a problem and has been connected to better resilience. Research



on resilience theory shows that people don't exclusively draw on their resilience during extreme adversity. As people are constantly exposed to stimuli of all types, it increases.

Essential Skills That Make Resilient

Our capacity to overcome obstacles in life and move on is what we refer to as resilience. It shows a little youngster with a disability persevering in the face of a challenge. Despite his own battles with depression, the nurse is helping patients with a smile. It's a cancer patient who has an advanced disease and decides to be grateful every day. It involves keeping the house clean, making the necessary payments, doing the laundry, getting to work, and making time to have fun with your loved ones, even when you don't feel like it. Figure 3 shows the essential skills that make resilience.



Figure-3

Composure

- Life offers various situations that upset our equilibrium, including a sudden diagnosis, a stalled elevator, a flat tire, and lost money. Our thinking can change from reasonable to reactive in response to certain situations, especially upsetting ones.
- Stop, acknowledge the disturbance and take a moment to consider your response if you want to be more resilient. Choose strategies that uphold your ideals and advance your interests. Taking a few slow, deep breaths can also aid in calming the adrenaline rush.

Patience

- Being patient when the other person shares something we don't want to hear or when we'd like to be the one speaking tests our ability to listen. Resilience is indicated through patience.
- We become better listeners and thus more resilient when we give others our entire attention while they are speaking, hold off on making judgments, and allow others to finish their thoughts without interruption. Your two ears are your most effective tools for mending others; keep in mind that listening to others makes them feel better and more deserving.



Optimism

- Hope is having faith in a brighter day ahead. The hopeful live longer, are happier and are even healthier. While it's undoubtedly simpler for the majority of us to be upbeat on days when the world is kind to us, it's equally crucial to maintain optimism when things are tough.
- Remember joyful memories, the people who support you, your abilities, your purpose, and what you believe in to improve your ability to recognize the positive aspects of difficult situations (and to be resilient). Although the hope is partially natural, it is largely a matter of decision.

Gratitude

- The toppings on a pizza are gratitude. Although we don't need it, having it makes the experience much more pleasant. Gratitude improves our interpersonal connections and general well-being.
- Practice being thankful in both big and little situations to improve your ability to enjoy your victories and see the remarkable in the everyday. Think of something basic to be grateful for, such as a full breath, a drink of water, an original thought, a smile, a hug, or an item that arrives on time.

Acceptance

- The majority of us enjoy having control, but life is so unpredictable. You may either let uncertainty frighten you or accept it as a fact of life. The latter will increase resilience.
- Taking on the unknown with creativity requires accepting uncertainties. Make it happen by being accepting and open to anything that comes your way. You are embracing life, all the wonderful and painful aspects.

Kindness

- We make the decision to be kind, and doing so requires strong determination. Our ability to behave gently toward others and toward ourselves is decreased by physical disease, fear, losses, insecurities, and the majority of energy-draining experiences. (Consider your temper when your back hurts or you're under pressure at work.) However, refusing to be kind to one another prevents us from dealing with, recovering, and solving issues.
- Decide to treat others and yourself with kindness (even when it takes more effort). Even though it first requires some extra effort, being kind in trying circumstances eventually comes naturally.

Sense of Purpose

- Knowing our purpose gives us direction, keeps us motivated, increases our capacity for optimism, gives us bravery, and, you guessed it, strengthens resilience. A pursuit of helping others or adhering to a set of ideals can give one a sense of purpose.
- Think about it to determine what gives your life meaning and purpose. Put it in writing. It might be a significant event. There could be a huge amount of little issues. If it makes you grin, gives you strength, and inspires you to experience the day feeling inspired, you've found it.

Forgiveness

- No matter how fantastic your friends, family, and co-workers are, there will be miscommunications and times when they let you down. You can either find healing or let the resulting hurt fester. By lightening the burden of your hurts, forgiveness allows your mind to focus on the things that give your life value and joy.
- In order to be resilient, you must regain control over the person who injured you by letting go of the grudge, at least for today, and channelling your energy into things that help you achieve your life's goals.

Connection

- Being alone doesn't imply that we don't have somebody to interact with or who is around. In a party of 100 people, we may feel lonely, yet in the presence of one or two close friends, we may feel deeply connected. Being truly isolated from others is loneliness, which is bad for both our bodies and minds.
- Develop your resilience by building a few, solid relationships. They can improve physical health and longevity in addition to helping you cultivate optimism and courage.



The 7 Cs of Resilience

Figure 4 shows the seven Cs of resilience

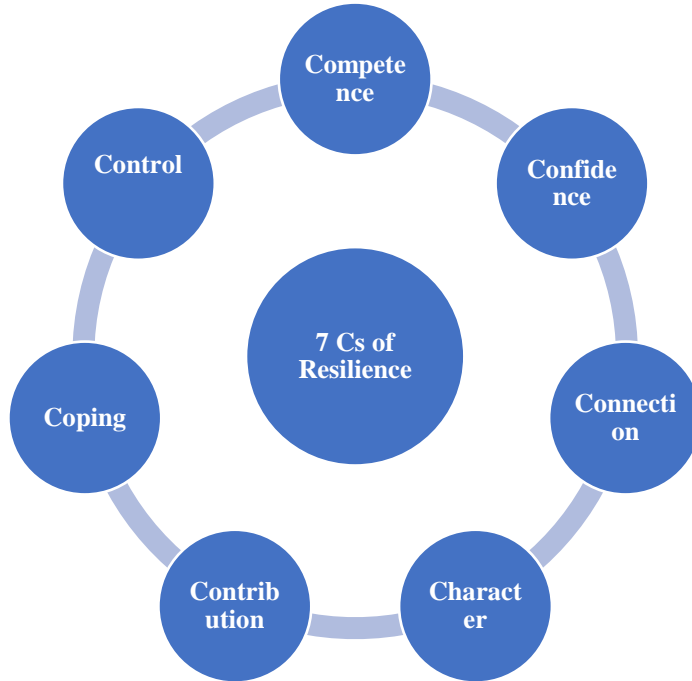


Figure-4

- ❖ **Competence:** This is the capacity to comprehend how to address circumstances successfully. People acquire a set of abilities that will enable them to trust their judgment and make ethical decisions as they increase their competence.
- ❖ **Confidence:** True self-confidence, according to Dr. Ginsburg, is based on competence. By showcasing their skill in everyday settings, people build their confidence.
- ❖ **Connection:** Close ties to family, friends and the community offer a sense of safety and belonging.
- ❖ **Character:** To make moral decisions, contribute to society, and feel worthy of themselves, people need a basic understanding of right and wrong.
- ❖ **Contribution:** Ginsburg asserts that a strong motivator is having a sense of purpose. Giving back to one's community strengthens reciprocal bonds.
- ❖ **Coping:** People who develop excellent coping mechanisms for stress are better equipped to deal with difficulty and setbacks.
- ❖ **Control:** Understanding internal control enables people to address problems instead of acting as victims of circumstance. People are more inclined to regard themselves as capable and confident when they realize that they have influence over the results of their decisions.

Characteristics of a Resilient Person

People who are resilient learn to embrace emotional pain and stress as normal parts of life and refuse to let their struggles define them. Instead, they accept their emotions, acknowledge the issues they are dealing with, have faith in their capacity to handle those issues, and have confidence in their ability to keep their emotions in check. Resilience starts with recognizing that certain things change. A flexible and accommodating mindset will enable you to concentrate on new plans or new dreams when your goals, plans, ideas, or ambitions are dashed due to unavoidable events. You can focus your efforts on the things you can change and control if you accept the ones, you cannot.

- assessing the opportunity or difficulty of change
- Commitment
- Recognition of limits to control
- Engaging the support of others
- Close, secure attachment to others
- Personal or collective goals
- Self-efficacy
- Strengthening effect of stress
- Past successes



- Realistic sense of control/having choices
- Sense of humor
- Action-oriented approach
- Patience
- Tolerance of negative affect
- Adaptability to change
- Optimism
- Faith
- good communication skills
- A center of control that is internal
- having great emotional intelligence and being skilled at handling emotions
- having confidence in oneself and one's talents
- having the ability to create and keep to realistic plans
- believing they are fighters, not victims of circumstance
- acknowledging the transience of setbacks.
- distorting failures as chances to improve.
- identifying incorrect beliefs in cognitive distortions.
- controlling irrational and intense feelings.
- concentrating on things under your control.
- not considering oneself a victim.
- dedicating yourself to all facets of your life.
- having a growth attitude and adopting a constructive outlook on the future.

Building and Cultivating Resilience

People can improve their ability to reframe their mental processes and use a strengths-based strategy to overcome challenges through this process.

It takes time to develop resilience as a process, and even if you already have it, you have to strive to keep it up. The actions listed below can help you gradually increase your level of resilience. Figure 5 shows the building and cultivating resilience.



Figure-5

Get Together. Speak to your parents and, yes, even your pals. Even while it may seem like your parents were always older than you, keep in mind that they may have more life experience than you have. If you are going through particularly difficult circumstances, they can be afraid for you and find it more difficult to talk about it than you do. Even if your parent or a friend holds a different opinion, don't be hesitant to voice it. Pose queries and pay attention to responses. Join a club, a sports team, a high school organization, or a religious organization to become more involved in your community.

Give yourself a break. When something negative occurs in your life, the stress you are already experiencing may get worse. Hormones and bodily changes may have already caused your emotions to be all over the place, but the uncertainty that comes with a tragedy or trauma can make these changes feel even more dramatic. Be ready for this and a little kinder to your friends and yourself.

Establish a stress-free area. Create a "hassle-free zone" in your room or apartment; you don't have to barricade yourself in, but there should be no tension or worries there. However, be aware that if a significant event has recently occurred in your life, your parents and siblings may be experiencing their own pressures and may want to spend a little more time with you than usual.



Adhere to the plan. Let home be your constant because being in high school or on a college campus implies having more options. Plan a schedule and follow it when under a lot of stress. Don't forget the routines that bring you comfort, whether they are the things you do before class, going out to lunch, or making a call to a buddy every night. You may be trying a lot of new things.

Ensure your own well-being. Make careful to look after your physical, mental, and spiritual well-being. Get sound sleep. If you don't, you can be more agitated and anxious when you need to be focused. There's a lot going on, and it will be difficult to deal with if you keep nodding off while standing.

Take charge. You can make progress toward your goals by taking baby steps even when tragedy or extreme uncertainty is present. Even if all you can do in a particularly trying period is get out of bed and go to school, doing so can be beneficial. Consider what you have control over and what is out of your control but something you can change. We often feel out of control when things are bad; regain some of that control by acting decisively.

Describe yourself. Tragic events and substantial problems can trigger a range of conflicting feelings, but there are times when it's just too difficult to express them to others. If talking doesn't work, try writing in a notebook or doing art to express your feelings.

Help someone out. Nothing helps you focus on solving other people's issues more than your own. Try cleaning up around your home or apartment, doing some community or school volunteer work, or assisting a friend with their homework in person or online.

Put things in perspective. It's possible that everyone is talking about the same subject that's making you anxious right now. However, things do turn around and hard times pass. If you're unsure of your ability to go past this, consider a time when you overcame your reservations, such as when you applied for a job or asked for a date. Learn some relaxing strategies, such as picturing a serene setting, thinking of specific music when stressed, or simply taking a deep breath to relax. Consider the significant items that haven't changed despite the outer world's changes. Make sure to discuss both positive and terrible times when you talk about difficult occasions.

Switch it off. You want to be informed, and perhaps your schoolwork involves watching the news. But occasionally, the news can exacerbate the impression that nothing is going well because of its emphasis on the dramatic. Try to minimize the quantity of news you consume, whether it comes from the internet, television, newspapers, or magazines. One news report is informative; watching it again only increases stress and provides no fresh information.

Tips for improving Resilience

Build your connections

Prioritize relationships first. When facing challenges, connecting with sympathetic and understanding people can serve as a reminder that you're not alone. Find someone who will listen to you with compassion and trust, since this will help you develop resilience talent.

Some people may choose to withdraw themselves as a result of the agony of traumatic experiences, but it's crucial to accept support and assistance from others who care about you. Try to give priority to actually connecting with people who care about you, whether you schedule a lunchtime outing with a friend or a weekly date night with your spouse.

socialization. organizations along with one-on-one interactions, some people discover that participating in community activities such as civic associations, religious communities, or other regional organizations offers social support and can help you regain hope. Look into community organizations that could provide you with support, a sense of direction, or joy when you need them. Foster wellness

Take good care of yourself. Although it may be a trendy buzzword, self-care is a valid practice for improving resilience and mental health. This is because stress affects both the body and the mind. Promoting healthy lifestyle habits like a balanced diet, enough sleep, water intake, and regular exercise will help your body become more resilient to stress and lessen the impact of negative emotions like anxiety or sadness.

Engage in mindfulness. Yoga, mindful writing, and other spiritual disciplines like prayer or meditation can also foster relationships and rekindle hope, which can better prepare people to handle adversity. Remember your blessings and express your gratitude even in the midst of personal difficulties when you journal, meditate or pray.

Avoid negative outlets. It may be tempting to use alcohol, drugs, or other substances to dull your pain, but doing so is like applying a bandage to a serious wound. Instead of attempting to completely eradicate the sense of stress, concentrate on providing your body with the tools it needs to manage stress.

Find purpose

Assist others. You can gain a sense of purpose, nurture self-worth, connect with others, and directly help others by volunteering at a local homeless shelter or by simply offering support to a friend in need. All of these things can help you become more resilient.



Take initiative. During difficult times, it's necessary to acknowledge and embrace your emotions, but it's also crucial to encourage self-discovery by asking yourself, "What can I do about a problem in my life?" If the issues seem too enormous to tackle, divide them into smaller, more manageable portions.

For instance, if you lost your job, you might not be able to persuade your supervisor that it was a mistake to fire you. However, you can spend an hour every day honing your greatest assets or focusing on your résumé. Taking action can increase your likelihood of persevering through difficult circumstances again by serving as a reminder that you can find the drive and a purpose even during stressful situations.

Work toward your objectives. Create some achievable objectives, and do something consistently—even if it feels like a minor accomplishment—that helps you go in the direction of your goals. What is one activity you know you can complete today to advance in the direction you want to go? rather than concentrating on things that seem unreachable. For instance, you might join a grieving support group in your neighborhood if you're coping with the loss of a loved one and wish to move on.

Look for chances to learn more about yourself. People frequently discover that their struggles have helped them grow in some way. People have, for instance, experienced improved relationships and a stronger sense of self following a catastrophe or adversity, while feeling vulnerable. They may feel better about themselves and have greater respect for life as a result.

Focus On What Is Within Control

It is easy to become overwhelmed by situations that appear completely out of our control when faced with a crisis or difficulty. Instead of wishing there was a way to change the past or the present, try focusing on what we can actually change. Adults can also aid children in learning this ability by talking with them about their issues and helping them come up with a plan for how to respond. Even when all appears lost, taking action can improve the situation. No matter how small they may seem, these behaviors can help you feel more resilient and in charge.

EMBRACE HEALTHY THOUGHTS

Observe the broader picture. How you believe can have a big impact on how you feel, as well as how resilient you are in the face of challenges. Try to recognize areas of irrational thinking, such as a propensity to catastrophize problems or believe that everyone is out to get you, and develop a more reasonable and balanced way of thinking. For instance, if you feel helpless in the face of a challenge, tell yourself that what happened to you isn't a predictor of what will happen in the future. A highly stressful incident may not be something you can alter, but you can alter how you perceive it and react to it.

Recognize change. Recognize change as a natural element of life. Negative circumstances in your life may make some ambitions or ideals no longer attainable. Focusing on the situations that you can change will be made easier by accepting the circumstances that cannot be changed.

Keep a positive mindset. Being optimistic when things aren't going your way is difficult. A positive mindset gives you the confidence to anticipate wonderful things in your life. Instead of focusing on what you fear, try picturing what you want. Keep track of any slight changes in how you feel as you navigate challenging circumstances.

Take lessons from your past. You could learn how to react skilfully to upcoming challenging situations by reflecting on who or what was supportive during earlier difficult times. Remember those times when you were able to rely on them, and consider what you learned from them.

- Never allow somebody to make you feel less valuable. Trust in those who have faith in you. Consider yourself from the perspective of those who embrace and adore you without conditions.
- Ask yourself if petty irritants will matter in five years. Perhaps it isn't worth upsetting your calm now if it won't matter in five years.
- Spend quality time with someone who inspires you at least once a week.
- Volunteer. According to research, volunteering is linked to improved mental, emotional, and even physical health as well as longer life.
- Consider the holistic view of your life. Spend each day in accordance with that sense of purpose.
- Accept your gullibility. Be genuine. Recognize that occasionally feeling down is normal.
- Recognize that most people are having difficulties in their own particular way. When it comes to asking for forgiveness, keep it low.

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