

## **Subject 4: Building resilience**

Resilience refers to our ability to adapt and bounce back from difficulties. Most people show resilience to some extent, and anyone can learn skills to improve their resilience.

Being resilient protects you from depression, anxiety and negative emotions, as well as improving your life satisfaction and [positive emotions](#). Resilience helps you to remain at your best regardless of life's hurdles.

### **How do you Build Resilience?**

One of the best ways to build resilience is to have strong relationships with others. This provides you with support when you need it, and also helps to feel accepted.

Resilience can also be developed with appropriate goal-setting, problem-solving, and a sense of achievement. Try to do this daily and use it with anything that you have been delaying doing.

1. Set yourself a challenge – what is your end goal?
2. Break it up into achievable sections - each with a specific outcome
3. Think about what setbacks you might encounter and plan for how you will handle these
4. Acknowledge each setback as a chance to adapt; a challenge
5. Adjust your goals based on the setback
6. Acknowledge each achievement

Each achievement you succeed at helps to build your resilience. Anticipate that you will need to adjust your plan when you come across a hurdle. Use the situation to learn about yourself, and adapt to a different way of achieving your goal.

### **Do you want to find out more?**

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).