

TIPS FOR REBOUNDING FROM ADVERSITY



What enables people to deal with hardship? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps. Resilience is “bouncing back” from difficult experiences.

STEPS FOR REBOUNDING FROM ADVERSITY INCLUDE:

- **Make connections.** Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.
- **Avoid seeing crises as insurmountable problems.** Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
- **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- **Move toward your goals.** Develop realistic goals. Do something regularly—even if it seems like a small accomplishment—that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”
- **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
- **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss.
- **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- **Keep things in perspective.** Even when facing painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
- **Maintain a hopeful outlook.** Try visualizing what you want, rather than worrying about what you fear.
- **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing.
- **Additional ways of strengthening resilience may be helpful.** For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

Source: American Psychological Association