

Using your resilience

In difficult times we can use our inner resilience to find the strength to deal with things as best we can. Most people find they are more resilient than they expect.

Being resilient does not mean you and your whānau won't experience stress, trauma, or grief. It means drawing on the inner strengths, skills and attitudes that can help you cope and be able to move forward.

10 ways to use your resilience



1. Connect with others

– spend time with people who are supportive and good to be with

Try not to isolate. Reach out for help when you need it.



6. Think creatively

– try to see situations and solutions in new ways

Consider all possible options and outcomes, experiment with different ways of doing things.



2. Believe in yourself

– a sense of self-worth positively influences your outlook and choices

Remind yourself you have value and worth. Use positive self-talk.



7. Use your sense of humour

– this can help to relieve tension and put things into perspective

Laughter relaxes us and helps us, and others around us, to feel more positive.



3. Use your natural strengths

– make the most of qualities, skills, or abilities that come easily to you

Identify what you're good at or ask others what they think your strengths are.



8. Practice perseverance

– don't give up when experiencing frustrations or setbacks

Keep what you're aiming for in your mind, set small goals and prioritise rest.



4. Learn helpful life skills

– they can make things more manageable

Learn from watching others, be taught, do research, give things a go.



9. Stay positive

– look forward with hope

Hope for the best, do what you can, and believe you'll get through this.



5. Be as flexible as you can

– try to adjust and adapt to changes

Sometimes we just can't control things. If you feel out of your comfort zone, find a new normal.



10. Look after yourself

– your own wellbeing matters

Take small self-care actions every day. What positive actions helped you in stressful times before? Do those things. Be kind to yourself.