

# BECOMING MENTALLY FIT: BUILDING RESILIENCE MUSCLES

## RESILIENCE - FACTSHEET



Resilience emerges through your life experiences, your thoughts and the beliefs you adopt about yourself and your place in the world.

Resilient people are not invincible but develop resilience by their ability to recover from events that tested or challenged them. They do not allow such events to break them or defeat them. This suggests to us that resilience can be nurtured and is like any muscle which can be strengthened with effort and focus and allowing ourselves to make the right choices.

We can build our resilience by strengthening five of our muscles. These five muscles being:

- Personal Accountability
- Belief System
- Mood Assessment
- Breathing Technique
- Curiosity

They represent a range of skills and choices that will either come naturally or will require practice to get stronger.

To strengthen our resilience muscles, it starts with you. If we do not know ourselves and how we respond when triggered it is difficult to start to recognise what we need to tackle and change.

So how we can strengthen these? A few examples include:

### PERSONAL ACCOUNTABILITY

This is where you believe you are fully responsible for your actions and consequences. You take ownership of either good or bad situations you are involved in. You can build this through:

- Knowing your role
- Showing humility
- Owning your mistakes
- Managing your time
- Managing your expectations
- Asking and listening

## DEVELOP YOUR BELIEF SYSTEM

To build resilience, you need to recognise that your own beliefs and attitudes are fundamental, and we need to understand the difference between "the external world" and our "internal world".

## ASSESS YOUR MOOD

Understanding your moods may help you work out what causes them and how you tend to behave when you are in different moods. It is important to identify the specific emotions you are experiencing instead of saying to yourself that you are stressed out. You can do so by:

- Asking yourself "Do I see patterns in my reactions to events or people?"
- Identifying and labelling your specific emotions
- Tracking your stressful situations

Through proper and thorough assessment, you will be able to understand your reactions and have more insight to address or resolve the situation.

## BREATHING

Perfecting a deep breathing technique can be beneficial to building resilience as it can help alleviate stress symptoms, control your emotions and focus on the task at hand. A technique can be

- Position yourself in an upright position
- Notice the rise and fall of your gentle, natural breath. Where do you feel it most?
- Then direct your awareness to the body parts that are in contact with a surface and feel yourself being supported and grounded by that surface
- Then count each breath up to 20

## CURIOSITY

Curiosity helps fuel the ability to bounce back, to know yourself and the world around you, and to thrive in the face of adversity. You can boost your curiosity through 5 different ways:

- Eliminate boredom
- Search for positives
- Question everything
- Do something different
- Conquer fear

By being able to take accountability, strengthen our belief system, assess our moods, perfect our breathing technique and curate curiosity, it can help us cope with stress, stay in control of our emotions and overall, increase our satisfaction in life.

Developing resilience is important to growing and maintaining our physical and mental health. For more resilience strategies, contact the EAP line on 1300 878 379