



The Power of Resiliency

5 Characteristics of Resiliency

1. **Be positive** - see life as challenging, dynamic, and filled with opportunities to grow.
2. **Be focused** - determine where you are headed and stick to that goal.
3. **Be flexible** - open yourself to new possibilities.
4. **Be organized** - develop a structured approach to manage the unknown.
5. **Be proactive** - look ahead and actively engage change.

What is Resiliency?

- “The capacity to spring back, rebound, successfully adapt in the face of adversity and develop social competence despite exposure to extreme stress.” - Marilyn Colby and Mary Hooperman, 1991
- “The use of inherent strengths and resources in order to overcome adversity, achieve personal potential and grow in the wake of life’s challenges.” - Resiliency Institute

Understanding Resiliency

- Resilience is the process of struggling with hardship.
- The process moves forward by accumulating small successes that occur side-by-side with failures, setbacks and disappointments.

The Seven Resiliencies

1. Insight
2. Independence
3. Relationships
4. Initiative
5. Creativity
6. Humor
7. Morality

Four Methods to Promote Resiliency

1. Increase your self-esteem.
2. Stop the negative chain of events.
3. Provide an alternate route to success.
4. Remove any stressors that you can.

Strengthen Your Resilient Personality

- Establish healthy, living-giving friendships.
- Be goal-oriented.
- Maintain competence and confidence.
- Have an internal center of control.
- Be self-disciplined.
- Have good critical thinking and problem-solving skills.
- Maintain your sense of humor.



We are here to help.

thecounselingteam.com | 800.222.9691



This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.