

Life can sometimes feel challenging and overwhelming...

It may be things going on in your life - education, work, finances, health, change, ageing ... or concern about the people in your life - family, friends, colleagues, neighbours, pets ...

These pressures and stresses can have a negative impact, for example:

- You neglect your needs
- You're always tired
- You're tense and highly strung
- You feel withdrawn
- You keep on procrastinating
- You're super emotional
- You feel overwhelmed

When we have resilience we are more likely to be able to cope better when things don't go according to plan.

So... what is resilience?

Resilience is the ability to:

- Bounce back from adversity
- Work through challenges
- Overcome obstacles

Resilience is like... A rubber band at its potential – stretched, yet flexible and able to spring back
Having good Resilience, means you can cope through not only life's hiccups but also the bigger challenges.

Having good Resilience is made up of the below factors:

- Having optimism and being able to focus on your strengths, so looking at what is going well
- Being able to focus on moving forward and taking small steps to get ahead, even if this is difficult
- An understanding of how others may feel and how you feel and being aware of this and acknowledging it
- Making sure you have friends and family around you that can be relied upon to support you
- Being able to laugh at yourself and the situation can change your state of mind and give you the break you need in order to gather your thoughts, prioritise and carry on
- Belief that while things are tough, you can get through it
- Being open to trying different approaches that you may not have done in the past, not being afraid to give something a go, even if it is scary – trust yourself! If it doesn't work – so what? You gave it a go!
- Focussing on what you can control and not letting things outside your control affect you



How can I build Resilience?

- Make connections, develop strong social networks and relationships
- Avoid seeing crises as insurmountable problems and develop your problem solving skills
- Accept that change is part of living
- Make time for activities you enjoy
- Look for opportunities for self-discovery, nurture a positive view of yourself
- Keep things in perspective
- Be optimistic
- Take care of yourself

What influences positivity and happiness?

Although our genes influence about **50%** of the variation in our personal happiness, our circumstances (like income and environment) affect only about **10%**.

As much as **40%** is accounted for by your daily activities and the conscious choices you make. So the good news is that your actions really can make a difference! In other words, you have control of 40% of your happiness – so what can you do to contribute to your happiness?

There are lots you can do to influence your happiness

You may want to try these suggestions:

- Three good things
- Keep a Gratitude journal
- Gratitude letter/visit
- Positive focus
- Visualisations
- Affirmations
- Practice thought awareness
- Don't let negative thoughts derail you
- Listen to how you talk to yourself when something goes wrong - what statements are you telling yourself?
- Practice positive thinking
- Find your happy place. Where have you been your happiest? Try to remember it. What feelings did it evoke, what smells do you remember? Try to visual this place ...

Additional resources

There are many great resources of the web, here are just a few!

- <https://www.mentalhealth.org.nz/>
- You may have already seen this, but it is about making a small first step...
<https://www.youtube.com/watch?v=3sK3wJAxGfs>
- Auckland University have a great mediation and relaxation site: <https://www.calm.auckland.ac.nz/> all free resources to download
- Here is a nice summary clip about Carol's theory on Mindset: <https://www.youtube.com/watch?v=EyIF5VUOJc0>
There are many more clips on this fascinating subject and we would encourage you to search out more.
- Contact our [counselling team](#) at Te Puna Wairoa

