

Resilience

what is it and how to build it?

Resilience is the ability to recover in a timely way from setbacks, difficulties and stressful events

The higher our level of psychological flexibility, the greater our resilience. Psychological flexibility is the ability to initiate and sustain meaningful action through periods of stress and calm. To act in ways that matter, in spite of how you feel.

Psychological Flexibility – the super skill of resilience

When we are stressed, we enter a rigid cycle of stress responses. Usually we have a habit that gives us short term relief from a stressor. Most habits are avoidance cycles on repeat (psychological rigidity). Psychological Flexibility is a different approach – we don't avoid the discomfort of the stressor, but we withstand it in order to continue to work towards an important goal or value. In research, it can predict mental health and behavioural effectiveness. Want to build psychological flexibility? <https://thehappinesstrap.com/>

Social support - the most important element of resilience

Social support is the quality people in your life who can provide emotional and practical assistance to help you cope. Cultivating social support involves interpersonal skills that you can learn (e.g. empathy and being a good listener, being reliable, building a strong sense of self-worth and good assertive communication skills). Being open and trusting of others can be difficult when we're vulnerable. Practice asking for help and advice in small ways. Difficulties forming trusting relationships because of your relationship history? Reach out for 1:1 professional help. It is the most important predictor of being able to mobilise social support.

Parents have a role in building resilience in children

Building resilience early in life is important for children and adult's mental health. Find out more for parents here: <https://www.beyondblue.org.au/who-does-it-affect/children/building-resilience-in-children-aged-0-12>

Our AFL Wellbeing Model builds resilience



Positive Emotion

Knowing the behaviours that bring you daily joy and happiness



Engagement

Understanding what you're good at and using your personal strengths



Relationships

Fostering meaningful and energizing connections with others



Meaning

Discovering a sense of purpose that is greater than ourselves



Accomplishment

Persisting to believe in and grow the things that matter to us most



Health

Maintaining quality nutrition, sleep and movement