

How to be resilient when times get tough

Let's be honest: Life isn't easy. There will always be bumps as you ride the road of life. The good news is humans are wired to bounce back from the bad times. You can build up your resilience. This will give you the strength to overcome the difficulties — both large and small — that come along in your life.



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Quick facts on resilience

1 Resilience is the process of bouncing back from difficult or challenging experiences. That could include a health crisis, financial difficulties, relationship struggles or the loss of a loved one.



2 Many times building resilience means being exposed to bad things in life. Hard times can show us how to deal with bigger problems, and can even make us stronger.

3 Maintaining healthy habits is a good base to help overcome life's challenges. This can be done through healthy eating, regular exercise and good sleep habits.

4 Other protective activities include prayer or meditation. Having a strong support network of friends and family can be helpful. Take times to do things you enjoy.

5 Constant challenges can lower your resilience. It's important to rest and recharge and be your own best friend. You can also reach out to a health professional.



>> For more tips on building your resilience, visit www.apa.org