

Building and maintaining Resilience

1. **Self-efficacy:** A high level of self-confidence and self-belief that you can meet the challenges. Self-efficacy includes the understanding that, while the world is challenging, one has the ability to succeed despite the challenges.
2. **Personal vision:** Resilient people know what they believe in and have a clear idea of what they want to accomplish or create in their life. With a personal vision, however blurred this may be, people use this as a guide through life challenges, and provides them with hope for the future.
3. **Flexible and adaptable:** Being flexible and adaptable enables people to respond flexibly to unknown challenges by seeking out ways of overcoming events, and being able to adapt to the new reality. This reduces the impact of rigidity in the face of a constant changing environment.
4. **Organised:** Creating a structured approach to tasks that need completing add to individual ability to maintain personal control in the face a seemingly chaotic existence, or uncontrollable external events.
5. **Problem solving:** The ability to resolve problems enables people to find causes and solutions to adverse events that impinge on daily life. Those who train themselves to enjoy problem solving will enjoy the challenge that adverse events present.
6. **Interpersonal interaction:** A key dimension of resilience is an individual's ability to understand and empathise with others. Resilient people demonstrate the competencies of emotional intelligence: a high level of self and social awareness and the ability to use this awareness to effectively manage themselves and their relationship with others.
7. **Social connections:** This dimension involves the quality of personal and professional relationships. Resilient people have strong relationship with selected friends with whom they share ideas, problems, solutions, frustrations, hopes and so forth.
8. **Active:** resilient people actively engage in change. Faced with adverse events, resilient people will be assertive in stating their contribution to the changing situation and will maintain personal control through their assertiveness and maintenance of self-efficacy.