

# 7 key points to achieve a resilient mindset

## **#1 Rewrite your negative scripts**

Do you find yourself saying or doing the same ineffective things over and over again? We can become trapped, blindly following a prescribed script that does not allow for change or creativity in the face of stress and problems. Move from less satisfying, less productive scripts, to ways of thinking, feeling, and behaving that foster a resilient mindset.

## **#2 Choose a path to become stress resilient rather than stressed out**

Research indicates that stress resilient people view difficult situations as an expected part of life. When such situations arise, they interpret them as challenges to confront and learn from them rather than as stress to avoid.

## **#3 Communicate effectively**

This ability is a key component of resilience and is closely linked to empathy. Effective communication includes an appreciation of how our verbal and non-verbal messages are perceived by others and our capacity to be an efficient active listener.

## **#4 Accept yourself and others**

If you are to gain a resilient mindset, you must learn to accept yourself and others. Acceptance implies possessing realistic expectations and goals, recognising your strengths as well as vulnerabilities, and leading an authentic, balanced life in which your behaviours are congruent with your values and goals.

## **#5 Learn to deal with mistakes**

The ways in which we understand and respond to mistakes and failure are an integral part of a resilient mindset. When you make a mistake, what do you tell yourself? How do you react? Resilient people consider mistakes as experiences for learning and growth.

## **#6 Learn to handle success and build islands of competence**

Just as the manner in which we understand and respond to setbacks is an integral part of a resilient mindset, so too is the way we react to successes in our lives. Think about how you understand your achievements. Those who are resilient view their accomplishments as based upon their own resources and strengths.

## **#7 Maintaining your resilient lifestyle takes work**

If we abandon well established diets and exercise, our health will suffer. The same principle is true when we consider the maintenance of a resilient lifestyle. Once you have developed the features associated with a resilient mindset and lifestyle, you cannot settle back and assume these qualities will be maintained on automatic pilot.

*For further information about the availability of the Stress Management and Resilience workshop in Lincolnshire, London or Kent contact us now on 0800 612 4826*

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