

respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Take Decisive Actions

Act on adverse situations as much as you can. Take decisive actions rather than detaching completely from problems and stresses and wishing they would just go away. Try accepting situations that are not possible to control rather than remaining angry and upset about them. Take one difficult situation in your life that you do not have direct control over, and try approaching that situation in a positive way.

Keep Things in Perspective

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion. Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful. Focus on the progress that you have made thus far and plan your next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished.

Get Connected

Talk with your friends and, yes, even with your parents. Understand that your parents may have more life experience than you do, even if it seems they never were your age. They may be afraid for you if you are going through really tough times and it may be harder for them to talk about it than it is for you. Do not be afraid to express your opinion, even if your parent or friend takes the opposite view. Ask questions and listen to the answers.

Stick to the Program

Spending time in schools or on a college campus means more choices; so let home be your constant. During a time of major stress, map out a routine and stick to it. You may be doing all kinds of new things, but do not forget the routines that give you comfort, whether it is the thing you do before class, going out to lunch, or have a nightly phone call with a friend.

Time It Off

You want to stay informed – you may even have homework that requires you to watch the news. But sometimes, the news, with its focus on the sensational, can add to the feeling that nothing is going right. Try to limit the amount of news you take in, whether it is from television, newspapers or magazines, or the internet. Watching a news report once informs you; watching it over and over again just adds to the stress and contributes no new knowledge.

Take Control

Even in the midst of hardship, you can move toward goals one small step at a time. During a really hard time, just getting out of bed and going to school may be all you can handle, but even accomplishing that can help. Bad time makes us feel out of control. Grab some of that control back by taking decisive action.

Express Yourself

Misfortune can bring up a bunch of conflicting emotions, but sometimes, it is just too hard to talk to someone about what you are feeling. If talking is not working, do something else to capture your emotions like penning down your thoughts, writing poetry, painting etc.

Contact

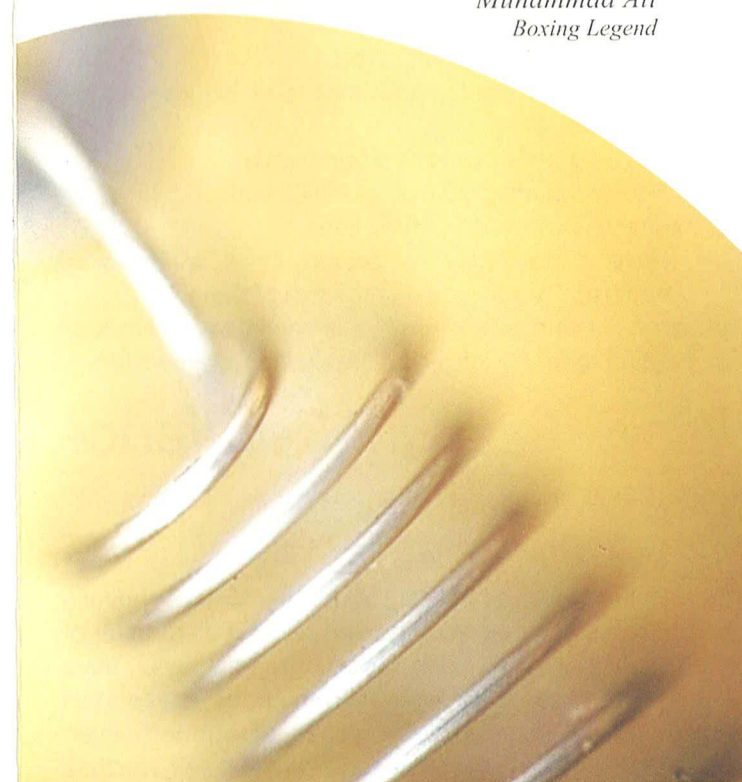
NUST Centre for Counseling and Career Advisory
NUST Campus, H-12, Islamabad - Pakistan.
Ph: 051-9085 1571, 051-9085 1579
E-Mail: c3a@nust.edu.pk



Resilience

“Inside of a ring or out,
ain't nothing wrong with
going down. It's staying
down that's wrong,”

*Muhammad Ali
Boxing Legend*



**NUST Centre for
Counseling and Career Advisory**

Resilience

Resilience is an individual's capacity to withstand stressors. It is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress—such as family and relationship problems, serious health problems, study stress or workplace and financial stressors. It means “bouncing back” from difficult experiences. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and practiced with time.

Resilient Persons

- Are realistic and have attainable expectations and goals.
- Have good judgment and problem-solving skills.
- Are persistent and determined.
- Take challenges of life as learning and development opportunities.
- Are effective communicators.
- Learn from past experience and do not repeat mistakes.
- Are empathetic toward other people
- Have a healthy social support network.
- Possess control over their lives.
- Have a capacity for seeing small windows of opportunity and making the most of them.

In order to achieve resilience, it is necessary to work on cultivating these beliefs and attitudes for your own life.

Ways To Build Resilience

Look for Opportunities for Self-Discovery

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardships have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.



Build Positive Beliefs in Your Abilities

Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future. Boost your self esteem. It is how you feel about yourself. It determines how much you learn after something goes wrong. Self-confidence is your reputation with yourself. It allows you to take risks without waiting for approval or reassurance from others. You expect to handle new situations well because of your past successes.

Find a Sense of Purpose in Life

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way, and then set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break them down into manageable steps.

Stay Happy

There is benefit to act as though you are happy even when you are not, taking on the role of a happy person can be like priming a pump; at first it is just work and nothing much happens, but after a while the real thing starts flowing. At least three times a day, try smiling more and acting as if you respect and like the people around you. View some funny movies or read some funny books. Expose yourself to situations that will get you laughing and feeling good.

Nurture Yourself

When you are stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercising and not getting enough sleep are all common

reactions to a crisis situation. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.

Be Optimistic

Staying positive during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Being an optimist does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are transient and that you have the skills and abilities to combat the challenges you face. If you find it difficult to step outside of your usual pessimistic stance, try viewing the situation from a less personal perspective. Sometimes it is beneficial to view your own problem as though it was someone else's, this helps you see that problem in a better perspective.

Exercise Your Faith

Present your predicaments to the Almighty and ask that He give you the strength and fortitude to overcome all tribulations. Be firm in belief that Nature has the best in store for you.

Develop a Strong Social Network

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, but it allows you to share your feelings, gain support, receive positive feedback and come up with possible solutions to your problems.

Embrace Change

Flexibility is an essential part of resilience. By learning how to be more adaptable, you will be better equipped to