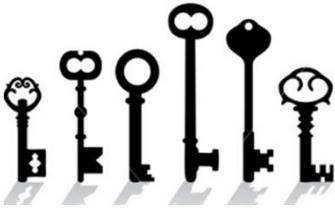


## The 6 Keys to Personal Resilience



Resilience involves a set of key skills or capabilities which if present, enable you to manage whatever is thrown at you and continue to move forward towards achieving what you and others want.

### 1. A Sense of purpose

This is the foundation for all of the other keys. Not everyone is clear about their purpose and it is frequently something that you will need to re-define as you move through life. The stronger your sense of purpose, the better equipped you are to handle challenges and setbacks and to recover from them. Are you clear about your direction and goals? Do you understand the purpose of all the activities you engage in? Do you remain true to your goals and values?

What does a “Sense of Purpose” mean to you?

What can you do to ensure that you have a clear sense of purpose?

### 2. Positive Mental Attitude

This component is something of a balancing act, between being able to think positively about situations and events whilst being realistic about what can be achieved. It is not about naive false optimism but involves being able to generate positive thoughts and feelings about situations. Do you have the ability to see the positive side of things without creating unreasonable expectations and subsequent disappointment?

What does a “Positive Mental Attitude” mean to you?

What can you do to ensure that you have a Positive Mental Attitude?

### 3. Connecting with others

People matter to all of us, so building supportive and caring relationships is essential. Your interpersonal communication and skills can be an important element of your ability to be resilient, based on how you can handle difficult situations or times. It is also essential to be able to offer appropriate help and support to others and ask for it, when needed.

**What does “Connecting with others” mean to you?**

**What can you do to ensure that you connect with others?**

### 4. Determination

How good are you at seeing things through? When faced with challenges do you deal with them by having a “can do” approach, being proactive and taking action? How well do you finish tasks and things which you have started? Are you able to keep going in the face of adversity rather than giving up? How adaptable and open-minded are you to provide yourself with a greater range of choices, dealing with different situations?

**What does “Determination” mean to you?**

**What can you do to ensure that you stay determined?**

### 5. Taking Control

Control comes from how you think and react. It is about understanding your inner self - how you think, feel and react, and controlling this so that you develop positive patterns in the way you deal with different situations and challenges. Do you take responsibility for yourself and your actions? Are you able to recognise what challenges or situations are beyond your control and to let go of these in

order to focus on the things that you can actually do something about? Knowing something and doing it are two different things - do you do what you need to do rather than just talking about it?

**What does “Taking Control” mean to you?**

**What can you do to ensure that you take control?**

## **6. Looking after yourself**

Looking after yourself, both physically, mentally and emotionally, are essential in order to deal with stress, which has a big impact on your resilience. Do you lead a healthy lifestyle? Do you have strategies and tools to help you deal instantly with difficult or stressful situations? Are you able to relax your body and mind so that you can see problems or difficult scenarios in a calm and clear way? Make sure you learn some simple techniques to help you do this.

**What does “Looking after yourself” mean to you?**

**What can you do to ensure that you look after yourself?**