



Resilience & Hardiness – Thriving Through Tough Times

What is resilience & hardiness?

- Bouncing back when things are tough & growing stronger through difficulties; moving from victim to surviving & thriving
- Is a not a characteristic one either has or does not have; capacity that can be deliberately learned & fostered; it can become a lifestyle
- Many of the things we can do to strengthen our resilience we already know. But sometimes we forget to keep doing them, especially when times get tough.

Having a Hardiness Mindset

Commitment – Having a sense of purpose about why you are doing the things you are doing. This focus supports problem-solving without letting stress disrupt your goals. It is being dedicated to the task & believing it is achievable.

Control – Making a realistic appraisal of things we have control over & the things we don't and acting accordingly. Recognizing that at the very least we have control how we react to stressors.

Challenge – Recognizing that life is going to be full of changes. Viewing challenges that come with change as an opportunity to learn & grow. Uses problem-solving & creativity to confront, instead of avoid, difficult circumstances.

Engaging in Resilient Behaviours

Physical/Health Abilities

- Eat well/have healthy snacks/drink water
- Sleep a full night
- Exercise/move regularly
- Remember to breathe deeply
- Practice muscle tension relaxation exercises
- Take time for short breaks/rest
- Focus on improving immunity

Emotional Capacities

- Identify what you are feeling
- Compartmentalize feelings/don't stuff
- Find ways to express your feelings/journaling
- Allow tears & laughter
- Do something you fear every day

Spirituality

- Practice Gratitude A-Z
- Read something inspirational
- Find meaning in the hard times
- Spend time in prayer/meditation
- Spending time in nature

Cognitive Abilities

- Simplify
- Create structure – new habits/patterns
- Worry well—identify what you can & can't control
- Focus on what's good right now
- Limit media exposure

Education/Experience

- Are you learning anything from this situation?
 - About yourself?
 - About others?
- Become an expert on the crisis, "Knowledge is power!"
- Do you want to learning something new in this time?

Social support

- As essential as H₂O
- Help – ask/give
- Share vulnerabilities
- Access support virtually
- During lockdown: find time to be alone & undisturbed; take overnight staycations in a spare room; set boundaries for work time

Self-esteem

- Do things you like to do
- Spend time with people who admire you
- Feel proud of your successes & celebrate!
- Make magic memories
- Guard the self-esteem of others (avoid stigmatizing)

Personality

- Know yourself
- Know what you need to keep your energy up
- Create your own comfort zone

Resilience & Hardiness – Worksheet

Develop a resiliency and hardiness plan made up of things 1) you are already doing, 2) things that you can reinstate, and 3) new things you want to try. Don't over-do-it by trying to do too much at once. Aim for "Progress not perfection!"

Resilient Behaviours	Hardiness Mindset		
	Commitment	Control	Challenge
Improving Health & Abilities			
Expanding Emotional Capacity			
Developing Cognitive Abilities			
Continuing Education & Experience			
Accessing Community & Family Support			
Developing Self-Esteem			
Maintaining Spiritual Connections			
Knowing My Own Personality			

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain. —Vivian Greene

"Everything can be taken from a [person] but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." —Viktor Frankl