

Ways to build resilience

When life doesn't go exactly the way you had hoped, what is it that helps some of us cope better, be resilient or even grow as a person through adversity?

The creator of positive psychology Martin Seligman found that the best way to deal with setbacks was to move beyond the 3 P's:

- **Personalisation** – the idea that you are at fault.
- **Pervasiveness** – the belief that an event will affect all areas of your life.
- **Permanence** – the thought that the effect of the event will be life-long.

When something goes wrong, how often do we think “it's my fault” or “this will change everything” or “that life will never be the same now this has happened”?

The true meaning of courage is “strength in the face of pain and grief” and some experts believe it's possible to experience “post-traumatic **growth**” after experiencing a tragic life event.

Professor Adam Grant believes there are four ways people can experience growth after a tragedy:

1. When one finds personal strengths,
2. Forms deeper relationships,
3. Discovers the meaning in life, and
4. Can see the new possibilities.

Professor Grant states that “when we face the slings and arrows of life, we are wounded, and the scars stay with us. But we can walk away with greater internal resolve”. By finding meaning in our experiences, emotional suffering can be relieved, and we develop a much greater appreciation of what we can take for granted – our relationships, our health and our families.

Psychologist Viktor Frankl states “in some way, suffering ceases to be suffering at the moment it finds meaning”.

What has helped you to become resilient?

What strategies have helped you to get back up when you have fallen?

For more information on this and other topics contact **Working Life – Organisational Consultants** on +61 1300 369 072 or email mail@working-life.net