



6 SCIENCE-BACKED WAYS TO BUILD RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means "bouncing back" from difficult experiences. Resilience is ordinary, not extraordinary. It can be learned and developed by everyone.

1. **Ask yourself:** Is this stressful, just annoying, disruptive, or uncomfortable? This can make your feelings more manageable.
2. **Accept that you are feeling stressed.** This reduces the emotional charge and calms the amygdala.
3. **Reappraise or reframe** the stress you feel in the situation as helpful. Use stress as a skill to optimize performance.
4. **Change your mindset** about stress. It is enhancing: Changing your mindset can save your life.
5. **Slow down you're breathing** to deactivate the fight or flight system and activate the rest and digest system.
6. **Take care of yourself:** We are a mind-body system; to have a healthy mind, you need a healthy body.

Source: neuroscienceschool.com