

Building Resilience in Times of Uncertainty

In a complex world with constant change, it is normal to feel uncertain or fearful about our present circumstances. The good news is, we can learn to build our resiliency.

Resiliency is the ability to thrive in times of change and uncertainty.

Here are some tips for building a more flexible & resilient mindset.



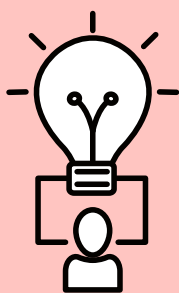
Managing What's In Our Control

- Focusing on what we have no control over leave us feeling frustrated & exhausted.
- There are certain circumstances or decisions that are not within our control & we have to learn to acknowledge them, then let them go.
- Then, we can move on to focusing our energies more positively.
- We may not be able to manage all situations. However, **we can manage how we respond to them.**



Embracing Change

- Change is constant.
- Rather than concentrating on the disruptive aspect, **we can take a flexible approach.** When we accept that change is a fundamental part of life, we are able to see the opportunities & positive outcomes.
- A simple shift in perspective can change our entire outlook & expectation of a situation and/or outcome.



Keeping a Positive Outlook

- Resilience isn't about having a positive feeling about every uncertain situation.
- Resilience is believing that **we can & will do our best to cope & move forward,** despite something going wrong.
- Resilience is persevering, even when the outcome is not what we initially expected nor hoped for.



Staying Connected

- Having friends & family around us that make us feel safe to share our feelings, discuss problems without judgment & give guidance is essential.
- A support system is vital to weathering life's storms.
- It is important to **reach out for help when feeling overwhelmed by a situation.**



Focus on the Bigger Picture

- It is easy to get wrapped up in the details of an event. When we're focusing on the smaller details, things can get blown out of proportion. **It is important not to lose sight of our long-term goals & achievements.**
- Avoid *catastrophizing* i.e viewing a situation as considerably worse than it actually is. Instead try to focus on the real impact.
- Reframing & adjusting our perspective can aid in us more accurately assessing circumstances. This would lead us to make the right decisions, which would be more beneficial in the long run.

For More Information or Support Please E-mail Us At:

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Or Contact Your Designated In-country Help-line