

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## How To Build Your Resilience

Everyone can build their resilience no matter how many setbacks they've experienced in life. Sometimes the people with the most troubled past are the same people who have developed the best resilience. Not all of us do this naturally though, so it's good to know how you can develop your resilience purposefully. Here are three simple strategies to help you do this:-

### 1. Alter your perspective from Effect to Cause.

When negative things happen to us we may have an instinctive emotional reaction that is in line with the fight or flight response. This can be controlled through practice by realising that we make the choice as to how we react to situations. Our current instinctive reactions are built up over time and have been programmed by our environment. These aren't fixed **Effects** and can be reprogrammed through actively **Causing** ourselves to think and react differently. Over time this will become your new instinct.

### 2. Reframe negative events.

Nobody goes through life without fault and failure is a huge part of the life experience. The more failure we have, the more chances we have of improving for next time. By taking some time to think about this and looking for the lessons and opportunities available from each failure, then we can make a plan to be better the next time.

### 3. Ask for help or talk through your options with a good listener.

A big part of self improvement is the ability to reflect and even though this can be done alone, it can help to talk this through verbally with another person. This doesn't mean being told what to do by someone else, as they will never have the full complexity of information that you have yourself, but if you have someone to listen to you verbalise your choices and reasons for doing one thing or the other, then it always helps to feel that you have properly considered what to do and left it open to be challenged before doing anything risky, whether you decide to take that risk or not.

As you might be able to tell, all three of these strategies link together well, so it's not a matter of only picking one, although you may want to practice one at a time to build your resilience at a pace that's right for you.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

Rob Palmer – Founder of Develop Together