



Come Alive with Dr. Peggy - the Gratitude Psychologist

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Resilience Tips

Happiness is fleeting. In order to live your best life, it is important to build resilience. *Resilience* is the ability to recover and grow in the face of adversity. We all face adversity at some points in our lives, and the more resilient we are, the quicker and better we are at recovering, growing, moving forward and enjoying life. The good news is, you can build resilience at any age.

Resources for additional reading

- *Resilience: The Science of Mastering Life's Greatest Challenges* by Steven Southwick, MD and Dennis Charney, MD
- *Option B: Facing Adversity, Building Resilience, and Finding Joy* by Adam Grant and Sheryl Sandberg.

Resilience Tip #4 – Remember All You Have Overcome

Reminding yourself of all of the obstacles that you have overcome in your life will help you to maintain the mindset that you can overcome whatever obstacle, challenge, or stress you are now facing. Since what we are going through now is “unprecedented”, we do not have a similar experience to compare this to. However, you are the same person, and even though the situation might not be the same, YOU are the same. It is helpful to remind yourself of your strengths. Remind yourself *every day*.

What difficulty have you overcome in the past?

What characteristics about YOU got you through? How have you grown even more since then?