

Learning how to Bounce! Resiliency : What is it? Why it matters.



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Resiliency is starting to gather more attention. Personal resilience helps us stay healthier, do better in school, have happier relationships, experience more joy and do better in our jobs. Family resilience also offers that and makes for better neighbours and safer communities. Resilience in the workplace helps with staff engagement and retention. The benefits of creating, having and nurturing a personal, family, organizational and community culture of resilience is very valuable.

But, what is it? Resilience is our ability to “bounce back” from adversity. Life’s BIGStuff events that we all have happen to us eventually. Death in the family, loss of a job, divorce, poor performance at work or school, chronic illness, having your house burn down you get the picture.

Resiliency is a set of key factors we can all use to assist us stay safer and move forward and often create more successful outcomes. There are two major parts to Resiliency. Inner and outer resilience. Inner resilience includes the beliefs you hold to be true, your problem solving skills, and the goals you’ve set for yourself. Outer resilience includes the values of the community you live in, teams you’ve built around yourself, the education you have, the support you have from family to name just a few.

So how do we get more? Well to further develop and deepen our inner resiliency a key place to start includes: – Our self control. Moderation is a very powerful factor in being resilient. Our resistance to temptation, our restraint to over doing things is a great place to start. Key skills to help us manage our inner world include: Diaphragm Breathing and Meditative Walking. More on this in a future column.

To further develop our outer resiliency developing and deepening trusting relationships with people who treat us with respect, sharing time with others that have high expectations of us and them of us are powerful places to help us deepen and widen our ability to thrive. Setting boundaries and expectations with others politely and clearly make a difference.

Resiliency is a life long process. A key to me is that we have to set boundaries and expectations of our self and with others. Being resilient offers up life as a life long adventure. It helps us stretch into life’s BIGStuff moments and issues keeping us safer and happier and often offering us much better outcomes.

So until next time, Imagine Yourself with more [Resiliency for Life](#).