

# TIGHTER WEAVES

## Developing Resilience

As we move on, threatened by the Global Pandemics, seeing people suffer, lose lives in the most unimaginable circumstances and situations, we feel we are a novice, with so much happening Globally and uncertainty at its peak, too easy to get trapped.

Dear Colleagues and Students, it is not to create a sense of hopelessness that we are presenting this Article but it is with the Hope that you will preserve your psychological well-being after you understand how Resilience could support you.

Developing **Resilience**, a Science-based approach can help us at this hour. Resilience is nothing but the ability to bounce back, rising up to the situation and face the prevailing situation, which we all possess in us to some degree. Some can draw easily than others. It helps us to keep ourselves on track until we deal with the situation and to grow, by encouraging us to look at the positive side of the crisis.

The three Elements “**3 C’s**” that are essential to resilience are:

1. **Challenge**: - To view the difficulty as a challenge and an opportunity for growth.
2. **Commitment**: - To exhibit commitment towards all spheres of life like goals, tasks, relationships etc
3. **Control**: - To focus on the situations they have control over and put effort in the right place to show their impact, thus feeling motivated, empowered and confident.

**Some of the characters of resilient People are:**

1. They don't let negative thoughts derail their efforts. Instead, they consistently practice **positive thinking**, have a positive image of the future and envision brighter days ahead.
2. They have a strong desire to achieve their planned goals in life. Resilient people are **confident** that they're going to succeed eventually, despite the setbacks or stresses that they might be facing.
3. They have **empathy and compassion** and maintain good interpersonal relationships. The more real relations you develop, the more resilient you're going to be, because you have a strong support network to fall back on.
4. Resilient people understand that, although a situation or crisis may seem overwhelming in the moment if they stay **calm, composed and optimistic** that they can find a constructive perspective.
5. They **reflect and reframe their priorities**. Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped.

## Some Tips to build and boost resilience:

1. Practice “**Thought Awareness**” a simple technique. You have to stay calm observe and become aware of the racing thoughts that are going nonstop in your mind without suppressing them.

Now in the note book, make three columns. First row note your negative thoughts, next row your rationale thoughts and last row all positive thoughts. Sit calmly and analyse them. It is important to acknowledge that a lot of anxious thoughts and emotions will show up during this time, and to accept them rather than trying to push them away or escape them.

2. “**Cognitive Restructuring**” Another technique to change the way we think about any situation around us, in a negative way, it involves consciously watching our thoughts and identifying the pattern that can help us break it and develop a much more positive thought process.
3. **Choosing your Response** in a given situation you can react in a fierce manner or either respond by remaining in a calm, logical manner with a solution.
4. **Being flexible and by understanding that things change**, so amend your goals and plans accordingly.

Several studies show that people who go through very difficult life experiences can emerge from them with a stronger sense of psychological resilience, rekindled relationships and a renewed appreciation of life.

Here, I end with a quotation by Rudyard Kipling in his book: How to Be a Man,

*“If you can keep your head when all about you are losing theirs ... Yours is the Earth and everything that’s in it ...”*

I believe that the essence is true. He’s talking about being a human. We need to stay calm. And if we can stay calm, then we can make the right moves and we can end up winning the day.

Each one of us should focus on our Present and keep working to achieve the Goals.

Stay Calm. Stay Resilient.

Stay Home. Stay Safe.

If anyone wishes to discuss the above techniques, their thoughts or anxiety, feel free to contact me

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