

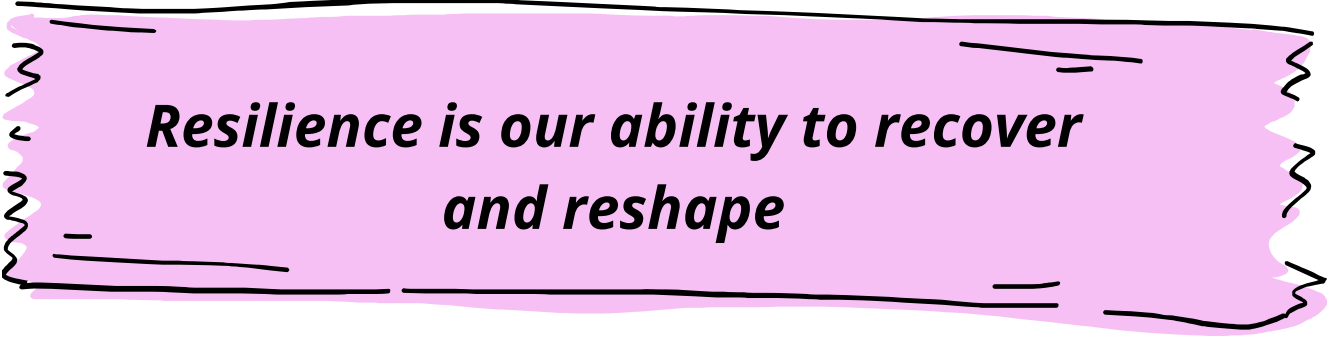
# PERSONAL RESILIENCE

INFORMATION ABOUT PERSONAL  
RESILIENCE AND HOW WE CAN DEVELOP  
AND MAINTAIN IT

## What is resilience?

Our resilience is our ability to recover and reshape following challenges or difficulties. This can be coping with adversity or stress, dealing with problems or managing any kind of change. Our level of resilience affects our ability to adapt and flex in any situation, both at work and at home.

It is linked to our ability to cope – how we get through something, how we emerge from different experiences and how quickly we bounce back. Resilience is also linked to how we learn, adapt and grow as we go through life and experience change, difficulties and challenges.



***Resilience is our ability to recover  
and reshape***

## Why is resilience important?

When our resilience is high, we are more resourceful, adaptable and energised. We are better able to take on and deal with the ups and downs of life.

Our ability to learn is better and we are more likely to thrive, even in difficult and challenging times.

Our capacity to change and to deal with change is significantly increased, we are more productive and get better results.

When our resilience is low, everything feels more difficult. We may still cope, but it is harder to find what we need and it can take more out of us. We have less energy and motivation and find it much more difficult to tackle tricky or complicated things. Our confidence is lower and we can feel like things are harder than they should be and maybe we are making them hard. This affects our performance and slows us down.

***Resilience is linked to learning  
and is key to performance.***

## Understanding our personal resilience

Being resilient does not eliminate stress or take away our difficulties or challenges. That said, resilience is a buffer to stress and it give us strength to tackle problems and challenges and to recover and move on from them.

Our resilience level affects how good or bad we feel.

The level of personal resilience we have changes, moving up and down all the time. Where it sits at any point depends on many things – our physical and mental wellbeing, our relationships, our work, knowing what's important in our lives and how connected we are with what matters to us.

We all have different things going on – issues to deal with and manage, circumstances and responsibilities, challenges and opportunities. And we all operate in different ways and with different resources – knowledge, skills and abilities, attitude, styles of working, strengths and weaknesses. The factors that affect our resilience are different for all of us too.

***Resilience is a buffer to stress.***

## **Developing and maintaining our resilience**

What makes one individual resilient does not necessarily work for another. In this way, developing and maintaining resilience is a personal thing. Understanding and recognising our level of resilience, what affects it and what this means for our capacity is individual and personal for all of us.

Paying regular attention to our resilience helps keep us on track. We can build resilience habits and prioritise them not just when our resilience needs a boost, but all of the time. This can help us to enjoy the benefits of high resilience more of the time and also to take care of ourselves when our resilience is low. We can create habits that lead to increased energy, better health (mental and physical) and being more connected to the things that matter to us.

***Resilience is about well-being  
and performance.***