

FOR IMMEDIATE RELEASE

For more information,
contact: Tara Solomon-Smith
Adult Development and Aging Agent, Wildcat Extension District
tsolomon@ksu.edu, 620-724-8233

Cultivating Resiliency

Have you ever wondered why some situations affect you differently than they affect others? Why getting a C on a test or constructive criticism on a project is 'no big deal' for some, but life-altering for others? This has to do with resilience.

We all face hardships and challenges at some point. Resilience is the ability to 'bounce back' from difficulties. The good news: resilience can be learned and cultivated! The following information on just how to do that is adapted from Cornwell University Health and Mental Health America CPS Blog.

Social engagement

When facing a difficult situation, it is important to have people who help you feel less alone. Build your support system with family or a trusted friend! Talking about the issue won't magically make it disappear but it helps sift through your emotions, see it from another perspective, and possibly brainstorm solutions.

Self-care

Imagine a full pitcher of water. Every time you face a difficult situation, you pour a little bit out. Before long, there isn't any left to give. It's important to take the time to fill your pitcher back up! Daily habits matter, like keeping a regular sleep schedule, exercising, and eating well. Figure out what else works for you – be sure part of it is having fun!

Know your Power with Positive Thinking

Easier said than done, right? It's good to recognize negative feelings but resilient people also find ways to see the bits of good.

Meaning

Finding meaning is the act of making sense of – and exploring the significance of – an experience or situation. Research shows that cultivating a sense of meaning in your life can contribute more to positive mental health than pursuing happiness!

- Come to understand your purpose by examining your strengths and talents, developing skills you want, recognizing your values, pursuing interests and passions, and living your own unique combination of these
- Develop realistic goals and work toward them
- Find ways to help others
- Embrace change
- Reflect on what's going well and what's not

Embrace a “Growth mindset”

This views challenges and set-backs as opportunities to grow and learn something new. Think about what a challenge is teaching you or ways to problem-solve instead of focusing on why it’s happening. It takes some effort but accept that problems are inevitable and try to emotionally distance yourself from the issue. Think about the consequences objectively to identify what you may have exaggerated or imagined. Then, focus on improvements – how can I move forward? How has this situation helped me?

Find more tools here <https://www.mhanational.org/self-help-tools>! For more information, please contact, Tara Solomon-Smith, Adult Development and Aging Agent, tsolomon@ksu.edu or 620-724-8233.

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