

# Building Your Resiliency Muscles:

**8 COMMON TRAITS OF HIGHLY RESILIENT PEOPLE THAT YOU CAN DEVELOP**



Building your resiliency muscles will serve you well in an increasingly stressful world and give you the tools to manage daily stressors and challenges and thrive in the most difficult of situations.



**Mindfulness:** Mindfulness is a state of active, open attention in the present. Observe your thoughts and feelings from a distance, without judging them. Being in the present moment without judgment is one of the best forms of resilience-building.



**Empathy:** Empathy builds our own self-worth when we see ourselves and everyone around us as having value. Practicing empathy releases oxytocin which makes us happy.



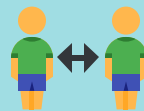
**Acceptance:** When a problem arises, own what is happening to you. Resilient people understand that stress/pain is a part of living that ebbs and flows. Acceptance helps you learn from mistakes and find meaning in life's challenges.



**Internal Control:** Resilient people believe that they are in control of their own lives. They have a realistic view of the world and can be more proactive and solution-oriented in dealing with daily stressors.



**Optimism:** Resilient people see the positives in most situations and believe in their own strength. This can shift how they handle problems from a victim mentality to an empowered one.



**Support:** Resilient people know the value of social support and they surround themselves with supportive friends and family. Supportive people give us the space to work through our emotions.



**Sense of Humor:** People with emotional resilience are able to laugh at life's difficulties and perceive issues as a challenge, rather than a threat. Laughter reduces the level of stress hormones and increases the level of health-enhancing hormones.



**Self-care:** Taking care of yourself can be rest, reading, exercise, writing or meditating. It is any activity that inspires you, nourishes your soul, helps you recharge your batteries and fills your cup. Resilient people make it a priority.