

Body and More Magazine

How to Love the Life You Hate 5 Great Ways to Be More Resilient

“The greatest glory in living
lies not in never falling,
but in rising every time we fall.”
- Nelson Mandela

We all want to enhance our lives and the best way to start doing that is by moving forward positively from where we are now. That is all fine until there is the inevitable challenge, upset or obstacle that may threaten our patience or ability to cope with the situation at hand.

Are you left feeling deflated, uneasy or irritated after a setback? That is perfectly normal. The more important question is, “How long does it take to recover?” That gives a clue to your level of resiliency and ultimately your quality of life.

Oprah Winfrey had to overcome major obstacles in her life to become one of the most successful and wealthy women of our time. She grew up in a southern state, as a black woman born to a single mother, where there were significant racial and social prejudices to overcome. She was molested on several occasions, ran away from home often and had a stillborn baby at the tender age of 14 years. Oprah obviously developed a lot of resiliency muscle!

Here are my 5 Top Tips for becoming more resilient:

1. Reflect upon the crisis, or error of judgment as a lesson to be learned and note that it is not what happens to us that is important, but how we respond that is paramount. However do not ruminate on the situation and choose to take 100 percent responsibility for the actions you take. Remember the saying, “*When the going gets tough, the tough get going.*”
2. Retrain your brain to be focused, flexible and solution-based. Bring your mind back to the present moment, and ask yourself, “*How can I respond to this predicament in a proactive way? What needs to be modified to obtain the desired result or best solution?*”
3. Cultivate self-confidence in your talents and abilities. Grow the skills you need to reach the outcomes you want in prominent areas of your life. This will enable you to remain calm when confronted with chaos, uncertainty and ambiguity. Resilient people know that their accomplishments happen because of their own strengths and internal resources and not due to chance or outside factors.

4. Nurture the art of self-regulation. Stay motivated by setting daily tasks that propel you toward your goals. Master and channel your emotions, defer gratifications and control impulses that may distract you from achieving your important dreams. Be kind to yourself and acknowledge your daily achievements, however small.
5. Make connections with others and blossom! Resilient people learn to reflect on the experiences of others and also to manage emotions in other people and well as in themselves. They develop rapport and communicate assertively and effectively using appropriate verbal and body language whilst listening intently to what others are saying.

Resilient people work collaboratively in teams and show people respect. They develop friendships with people who display positive and courageous attributes, read about them, listen to interviews with them and have them as their mentors.

On the flipside, examine yourself to find out in what ways you are a good role model to others and how are you serving and supporting them.

Developing resiliency is a great skill to have. It enables you to enjoy your life, feel more fulfilled and have better relationships with others. How will you be able to share your gifts and talents with the world once you have become more resilient?

Gaye O'Brien is an NLP Trainer, Coach, Educational Consultant, Author and Inspirational Speaker. Her books include: *NLP Essentials for Teachers: The Art of Encouraging Excellence in Your Students*, and contributions to the best selling series, *Adventures in Manifesting: Healing Within* and *Entrepreneur Success Stories: How Common People Achieve Uncommon Results*.

<http://www.gayeobrien.com>