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Loving The Life You Hate 5 Great Ways to Build Resiliency

How long does it take you to recover from being upset? The longer it takes, the greater effect it will have on the quality of your life.

Becoming more resilient then is to the way to squeeze more out of life. I studied NLP (Neuro-linguistics programming) to accelerate the process of becoming more resilient.

Is it possible to become more resilient? It certainly is and in this article I will show you how to do so by sharing many of the techniques I demonstrate in my book, online modules, live events and coaching programs.

It's A Myth "To Tough It Out"

When some people face a challenge in their lives they feel that they have to go it alone. They mistakenly believe that a person displays a weak personality if they ask for help.

Often though all that is needed is a little assistance to gain a broader perspective on life. Get into the habit of being okay with seeking advice to solve problems and you will find that people are generally only too willing to help.

Learning Life's Lessons

The solution to confronting challenges is to accept that all life is about learning to grow from situations that have occurred. It is not what happens but the response to what happens, that is important.

Choosing to cultivate an attitude of accepting 100% responsibility for actions and rejecting a victim mentality will ensure that, for many people, they will not become a burden on society. Deciding not to ruminate on issues or get sidetracked by negative self-talk will also assist with greater personal satisfaction in life.

Over the years as a life and business coach, one of the things that I have learned is that seeing life in a problem-solution frame tends to make us stronger. Remember the old saying, *"When the going gets tough, the tough get going"*.

I often ask myself, “*What is there to be learned from this situation?*” Enjoy the heroic, inner journey toward self- exploration and self-acceptance. Learn to take some calculated risks, and view life with curiosity to attract enhanced opportunities into your life.

An Example Of Resiliency - Victor Frankl

During World War II Viktor Frankl was a prisoner of war in a Nazi concentration camp. He wrote about his experiences in, “*Man’s Search For Meaning*”. Frankl made the decision that his particular situation was not personal, pervasive or permanent.

Instead of choosing to become a victim of the circumstances into which he had been thrust, he decided to maintain his humanity by helping those around him. Frankl decided to see the humor in situations wherever possible. He took the time available to him to develop his psychotherapy approach and began lecturing about it after the war had ended.

Frankl lived until he was 92 and suffered no post-traumatic stress as a result of his situation because he consciously made the decision to make the most of his situation, rather than deciding to feel sorry for him-self.

Poor Coping Strategies

People who feel they are unable or unwilling to face their problems or overcome them may resort to ineffective, automatic ways of doing things.

These ineffective techniques may include:

1. Employing distraction tactics such as:

- Seeking and finding “time wasters”
- Watching excessive TV
- Gossiping
- Overeating
- Substance abuse

2. Trying to push the problem away by:

- Pursuing excessive exercise regimes
- Feelings of overwhelm, or being freaked out, frustrated, irritated, panicky or anxious
- Becoming more angry or fearful
- Talking excessively

- Blaming others for the problem
- Having conflicts with others about issues such as trust and respect
- Focusing on past grievances

3. Taking in less information as evidenced by:

- A diminishing performance and sense of responsibility
- Breathing more slowly and feeling depressed, guilty or a feeling of shame
- Eating less
- Refusing to learn new things or have new experiences
- Withdrawal from family, friends and the wider community
- Lacking purpose, passion and meaning
- Showing indecisiveness and poor initiative
- An inability to plan

All of these signs and symptoms may indicate an underdeveloped sense of self-awareness.

The following powerful tips will assist personal development and enhanced resiliency.

5 Great Ways To Develop Resiliency

1. Retrain Your Brain To Be Focused, Flexible And Solution-Based

Developing a resilient mindset is about imagining and implementing a plan of action in areas that you want to have more focus and at the same time, maintaining a flow state as much as possible. It also requires the ability to adapt to minor setbacks, frustrations and general daily hassles.

If you are thrust into a situation beyond your control or have made an error in judgment, reprogram your brain to attend to what you want rather than what you don't want. That technique will ensure that you will attract what's important to you into your life, conserve your energy and develop concentration "muscle", the key to self-mastery.

Action Step: Ask yourself, "What do I need to focus on here or what needs to be modified to obtain the best solution? How can I respond to setbacks, stress and errors in a positive and proactive way?"

2. Have A Strong Sense Of Self

Resiliency is about having a strong sense of belief in your attitudes, talents and abilities. It requires the ability to bring calmness to a chaotic, uncertain or ambiguous situation.

Resilient people view their accomplishments as being due to their own strengths and resources. Less resilient people tend to attribute their success as being outside their control and due to factors such as luck, destiny or chance. They tend to think that life just happens to them and that they have little control over it.

A sense of **self-confidence** develops with the ability to plan, manage time well and follow through with appropriate actions. Listen to your own inner critic but don't view it as the definitive word or allow yourself to become shattered by what it tells you. Instead watch it with interest.

Self-confidence is controlled by the somatic nervous system.

Action Step: Create a long list of your strengths and abilities to promote your self-confidence. You have been around on this earth a long time already and have obviously managed to achieve a lot of great things. What are they?

Self-esteem involves being aware of how one feels about one-self, what is causing those emotions and managing them appropriately. This may include negative feelings such as anxiety, fear, anger, sadness, hurt or guilt.

This aspect of self is managed by the autonomic nervous system.

Action Step: Start a gratitude journal and daily write about all the things you are grateful for in your life including: your family, home, friends, career, job, business, health, wealth, and spirituality etc. What positive feelings do you have about yourself to show forgiveness, appreciation and develop self-esteem?

Self-concept is concerned with what you think about who and what you are. It is organized by the brain and central nervous system.

Action Steps: Develop 10 "Strength And Confidence" statements to enhance your self-concept.

Look for opportunities for self-discovery such as doing something new or different.

Self-Regulation involves staying motivated, managing and channeling emotions, delaying gratifications or stifling impulses whilst in the pursuit of a goal.

Self-control also involves thinking about the other person's perspective and appreciating that there will be differences in how people feel about things. Choose your words thoughtfully before you speak or take action.

When you recognize that you have a choice as to how to respond to stressful situations rather than losing your temper and then blaming others, you are learning to master self-control.

Action Steps: Practice mindfulness by finding a quiet spot, closing your eyes and breathing slowing in and out. Remove yourself from your thoughts and simply focus on the breath.

Take one step toward your goal daily, even if it is a tiny step.

3. Flourish With Solid Values

Your values are the things that are important to you, about your life, your guiding principles. They provide meaning to your life and enable you to function in socially cohesive way.

“Values are your most important feelings or experiences and they are the things you would like to have more of in your life.” (Gaye O’Brien, NLP Essentials for Teachers)

Your most important values center around your identity and self-worth. They are reflective how we feel about what we’ve done and how we feel about ourselves and other people. Values give you a set of criteria to live by to assist you to overcome challenges and situations that occur throughout the day.

Values help you to stay motivated in advance, stay focused and balanced when you are authentic, congruent and aligned with your thoughts and actions. They influence your direction and choice of outcomes. Values allow you to move toward something positive or away from something negative.

Values such as: self-acceptance, forgiveness, trust, persistence, autonomy, responsibility, teamwork, honesty, fairness, empathy, love, kindness, creativity, respect and service are useful values to have or adopt.

If your values are not aligned with your actions, thoughts and feelings you may feel disempowered, incongruent, dissatisfied or violated. Burnout occurs when inner values and work values conflict with each other.

I use a process in my coaching practice that allows these values to align, so as to promote a healthy lifestyle.

Action Step: What are your values in the areas of interpersonal and relationships, career or business, health, wealth and spirituality? Are your actions and thoughts aligned with your values? Is your lifestyle congruent with your values?

4. Cultivate Empowering Beliefs

Beliefs are judgments and generalizations that are deeply held and influential that you believe to be true about yourself.

As with values, beliefs occur in all areas of your life. Beliefs are also held about what you believe are the causes for why your life is the way that it is, and also about your behavior, identity, boundaries, capabilities and the world around you.

Beliefs about what it is possible to accomplish are formed during the first three significant emotional events of your life. These events determine how you see, think and feel and the results achieved. The first significant event taught you that you needed to learn how to cope in a challenging situation. Your choice of belief about that particular experience, may or may not have been the better choice to be made at that moment.

Believing you can achieve is the most important feeling to have, followed by desire. Maintaining a positive mental and emotional state is the most effective way to allow something to manifest from the universe.

Conscious or unconscious thoughts always precede physical manifestation. Therefore deliberately practice visualizing what you want using a series of subjective images, beliefs, feelings and expectations without reversal or deviation, to assist what you want to occur, to come to fruition.

Examine limiting beliefs and negative emotions that are holding you back from believing in yourself and achieving what you want in life. Feelings may include helplessness, hopeless and unworthiness.

I use a timeline therapy process to overcome issues that may prevent people from facing up to concerns and moving forward with life.

Action Step: Deliberately and mindfully practice visualizing what you want, daily. Implement action steps toward achieving your goal.

5. Make Connections And Grow

Resilient people learn to manage emotions in other people. They develop rapport and communicate assertively and effectively using appropriate verbal and body language while listening intently to what others are saying. Resilient people work collaboratively in teams and show people respect.

They not only learn from their own situation but also reflect on the experiences of others. Resilient people develop friendships with people who display positive and courageous attributes, read about them, listen to interview 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.

Action Steps: Constantly practice learning and demonstrating effective communication skills.

Find positive mentors and read uplifting books.

Set The World On Fire

What talents and gifts will you share with the world when you become a stronger and more resilient person? How will you be able to make the world a better place? The world needs you right now. So how about it?

Develop a master plan for your life and focus on what you desire to become a more resilient person. Practice these skill sets and see where they take you.

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*.

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