



Building Resilience

The ability to lead in changing times requires resilience and optimism. The American Psychological Association suggests these ways to build resilience.

1. Maintain good relationships with close family members, friends and others.
2. Avoid seeing crises or stressful events as unbearable problems.
3. Accept circumstances that cannot be changed.
4. Develop realistic goals and move towards them.
5. Take decisive actions in adverse situations.
6. Look for opportunities of self-discovery after a struggle with loss.
7. Develop self-confidence.
8. Keep a long-term perspective and consider the stressful event in a broader context.
9. Maintain a hopeful outlook, expect good things and visualize what is wished.
10. Take care of one's mind and body by exercising regularly, paying attention to one's own needs and feelings and engaging in relaxing activities that one enjoys.
11. Learn from the past and maintain flexibility and balance in life.

How can you use these ways to build resilience?

Generating Optimism

*“The basis of optimism does not lie in positive phrases or images of victory,
but in the way you think about causes.”*

Martin Seligman, Ph.D.

Optimism is the ability to consistently see the positive side of things, rather than the negative. Optimistic people approach life expecting happy outcomes. They are aware of problems but do not view them negatively; they actively looking for positive factors in any situation. Some people tend naturally toward either optimism or pessimism; they are either more positive or more negative. Even if you tend toward the negative, you can achieve a more optimistic outlook.



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Optimistic people:

- Focus on successes
- Minimize failures
- Look for positive aspects of a situation
- Think about solutions, not problems
- Create an atmosphere of innovation

Experts recommend 15 ways to cultivate optimism:

1. Be realistic about your expectations.
2. Look for a ray of light/hope in a negative situation.
3. Aspire to grow in every area of your job and learn something new to increase your knowledge.
4. Stay calm when overwhelmed with the issues of change.
5. Be gracious and accept things you cannot change.
6. Focus on creating solutions and not on problems.
7. Be a positive role model and a source of inspiration to people around you.
8. Be good at your job and demonstrate your strengths.
9. Show persistence and don't give up.
10. Celebrate your successes and those of others.
11. Set a goal so that you will have something to look forward to when the going gets rough.
12. Create a positive environment in your home or office.
13. Walk tall with your head high and show confidence.
14. Smile often and mean it.
15. Show optimism in the words you use orally and in writing.

How can you demonstrate optimism in times of change?



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The Value of Reframing

Reframing is a technique to change your perspective or the meaning of something. It's a behavioral process that helps you become more successful in life and express yourself more effectively. It was created by studying and modeling the behavioral patterns of successful people in all walks of life. Reframing challenges you to see what's positive in everything that happens, no matter how bad it might seem. Even when a situation feels hurtful, there are lessons to be learned to help you become stronger. Reframing changes the content and/or context of a situation. How you think determines how you react. You can choose to be a victim or choose to learn and grow.

Instead of focusing on the negatives, look on the brighter side and cultivate what is good. Every negative aspect of life can be reframed to help you find the positive side. Reframing gives you the ability to challenge yourself to always look for the good and the beautiful in everything.

Reframing can work wonders and make you happier. To reframe:

- Change the meaning from negative to positive.
- Identify what you can learn.
- Focus on the benefits to be gained.

How can you use reframing to address a situation in your life or work?
