

# Embracing Our Resilience in Times of Chaos

## *Makes It Easier to Get Through Challenging Times*

By Kelli Richards



**A**rguably we are dealing with one of the most challenging times humanity has ever faced with this global pandemic. And there's an awful lot we can't control about it. But one thing we can do is to practice behaviors and actions that reinforce how resilient we truly are in tough times. That will make it much easier for to make it through to the other side of this current chaos.

### **So What is Resilience and Why Does it Matter?**

Resilience is essentially the ability sail through and bounce back from difficult life events. It's the ability to deal effectively with adverse conditions and move beyond obstacles in life. Some would equate it to a sense of mental toughness that allows us to prevail come what may.

Whether it's the loss of a job, a relationship, your house in a fire, the death of a loved one, or health or financial concerns – there are plenty of challenges we all face throughout our lives. Somehow, we must find a



way to manage our anxieties and cope with these things as they arise, and resilience is a key factor. It definitely comes easier to some than most, but effectively it's a mindset we adopt as a way to make sense of things and to make our way through tough times. Those who embrace it don't struggle as much, and they reduce unnecessary stress as a result.

For those who practice resilience proactively, they can shift whatever circumstances they're in and pivot to coming out ahead; it's like the proverbial making lemonade out of lemons. For example, I've known plenty of people, and I'll bet you have too, who when they got laid off from

corporate jobs decided to take a different path, reinvent themselves, and start their own businesses as self-employed entrepreneurs or making themselves over in a whole new career.

### **What Makes Some People More Resilient than Others?**

Those who are more resilient seem to have certain mindsets working in their favor. One of them is a sense of mastery or agency over themselves; the notion that they have a certain amount of control over their own life and circumstances, and they trust themselves to work their way through whatever crosses their path.

Another is that they tend to have strong support systems around them – whether close friends, family or co-workers – who can offer much needed perspective, nurturing, reinforcement and sustenance on numerous levels.

And finally, they tend to have a belief system that life works, their life works, and things in their life around them work if not right away then over time. The ability to find meaning in certain events can define the level of resilience someone embodies to the benefit of all around them.

### **Some Tips for Increasing Resilience**

There are things you can do and steps you can take to increase resilience; here are just a few.

- Adopt a positive self-view about yourself and the world around you to the best of your ability.
- See challenges and problems as manageable and solvable given the right insights and resources.
- Maintain a hopeful outlook and cultivate a sense of empowerment and trust in yourself.
- Remind yourself of challenging times and how you prevailed in spite of them (rinse and repeat).
- Look for meaning and perspective that can help you make sense of what's happening to you.
- Get support and insights from others to help you re-frame challenges into opportunities.
- Create and cultivate a strong support system around you so you're not alone in tough times.
- Take actions you can that make sense for you to do to re-frame circumstances in your favor.

- Expect change and embrace it when it shows up to your advantage (similar to the above).

### Benefits of Being Resilient During the Pandemic

While we certainly wish times were different, the fact is we're all in this global pandemic together and we must pull together to make it to the other side – whenever that is and however life looks at that point. Those who choose to embrace resilience will find the journey easier to accept and deal with than those who resist the reality of the situation. Benefits are:

- Experience reduced frustration, stress and anxiety, and guard against hopelessness and despair.
- Supporting others and making their lives easier takes the spotlight off ourselves and our troubles. There are others who always have more challenging circumstances than we do. It makes us feel good when we lend a hand to others who are struggling if we are able to do so.
- We stay stronger and healthier in mind, body and spirit the more resilient we are.
- When we retain our leadership and grace in tough times, we inspire hope and resilience in others.
- We find creative ways to improve our situation as we move through challenging times; in the best cases we may even find that we re-invent our lives to have more meaning and fulfillment

than prior to when the pandemic hit. Some people's lives will vastly improve as a result.

Let me know what you're doing to embrace resilience in these turbulent times; I'd love to know how it's benefiting you and those around you. And if you need additional support do reach out.

*Kelli Richards, founder and managing director of The All Access Group, is the exclusive provider of business consulting, mentoring, and strategic connections editorial in Los Altos Hills magazine. For more information, please visit [allaccessgroup.com](http://allaccessgroup.com).*



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