

Building resilience

Ideas to help you take action to cope better and feel more positive



Supporting you...



What is resilience?

Resilience is the process and ability of recovering from, or adapting well to difficult, challenging and often unexpected life experiences. We develop resilience naturally as we go through life, but during particularly tough times we can also consciously make changes, adopt resources and learn new skills to help us be more resilient

Look for the good

When our challenges are great, and the news is disheartening, it can help lift our spirits and help us cope physically and mentally by making a conscious effort to seek out the good in each day. Switch off or limit your news intake and try and notice things you may take for granted, such as the complexity of a leaf, or the delivery driver's cheery wave. There is evidence that keeping a gratitude diary or daily journal can be helpful tools to build inner strength.

Look for the learning

Some people find it helpful to think of every experience as something we can learn from and that develops us in some way. Think about how your challenges developed you

Look for the uplifting

Some people naturally make you feel good about yourself and life. Stay in contact with these people, especially those with whom you can truly be yourself. Limit your contact with people who tend to focus on negatives or those you can't relax with. They can be tiring and not helpful to your wellbeing.

Stick to the facts

Worry can lead us down all sorts of paths and our imagination can be our worst enemy. Notice when you're worrying and give yourself some time to worry but set a time limit, then bring your thoughts back to the here and now: what is actual and real right now? What have medical experts told you, what is your unique story, what are the facts? People often find that most of what they worry about never happens.

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Plan your routine

Routine can reduce stress and anxiety. Think of regular habits as a series of safe stepping-stones that guide you through your day. Make a plan to include having comforting things that you can look forward to, such as sitting down with a cup of tea and a biscuit at in the afternoon!

Embrace the new

The constancy and safety of a routine can help to make us feel stronger about embracing new things. Once the routine is in place, try small changes to create opportunities and inspire fresh ideas. For example, perhaps simply moving your chair to a new place in the room or at the window or reading about something that is new to you will bring a new perspective.

Choose forward gear

Watch your thoughts and your language throughout the day. How do you react to things? Imagine each new situation is a fire. Do you want to pour water or petrol onto it? In other words, is your response making the situation better or worse? It is natural to feel negative or downcast sometimes, but we can get stuck in a rut. It might help to share your feelings and ask them to help you lift your mood.

Choose happy

To be happy and positive sometimes requires effort, especially in the face of pain and adversity. But deciding to be happy brings you halfway there already!

Helping others helps you!

Feeling useful and needed, and being able to give and receive is important for life satisfaction. Try thinking about how you can help and give to others. Sometimes it's as simple as a smile!

Talking helps - reach out to BTS for FREE support

- One-to-one emotional support with your own, dedicated Support Professional
- Help from our Welfare Benefits Support Professional
- One-to-one counselling
- Online and face-to-face support groups
- An online Facebook Forum, available 24/7

**We are here
to help you**



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