



Major disruptions are a "gotcha" we all experience at one time or another in our lives. For some, these hard times come frequently - the impact is overwhelming and recovery, if it comes at all, can be painfully slow. Others show resilience and are admirably able to glide through these times fairly easily, bouncing back to a normal life again quickly. Resilience - the strength required to adapt to change - acts as our internal compass so we can resourcefully navigate an upset.

When unexpected events turn life upside down, it's the degree to which our resiliency comes into play that makes these "make or break" situations an opportunity for growth. The good news is that each of us has the capacity to reorganize our lives after a disruption and to achieve new levels of strength and meaningfulness. In fact, life disruptions are not necessarily a bad thing because they help us grow and meet future challenges in our lives.

It's easy to feel vulnerable in the midst of chaos because of not knowing what lies ahead. But learning how to adapt during chaos strengthens your ability to meet stresses in the future. It's a lot like a bone that was once fragile or broken, and is now strong from being used.

So how can you learn to become more resilient? Learning how to put closure to previous life experiences is often key for bouncing back. In addition, developing resilience depends on many factors. Let's take a look at 7 key characteristics of people who demonstrate resilience during life's curve balls.

A Sense of Hope and Trust in the World

Resilient people rely on their belief in the basic goodness of the world and trust that things will turn out all right in the end. This positive attitude allows them to weather times when everything seems bleak and to look for and accept the support that is out there. This approach toward the world gives them the ability to hope for a better future.

Interpreting Experiences in a New Light
The ability to look at a situation in a new way (a skill called "reframing") can minimize the impact of a difficult situation. Resilient people take a creative approach toward solving a problem, and don't always use an old definition for a new challenge.

[Continued...](#)



Zalkin Training and Development
Denver, Colorado, USA



Mark W. Zalkin, M.Ed., MSW
Coach and Trainer

Zalkin Training and Development
6000 East Evans Avenue, Suite 1-250
Denver, Colorado, 80222, USA
303-756-5504
Fax: 303-756-0035
mark@zalkin-training.com
zalkin-training.com

"Training and Coaching Since 1985"

MARK W. ZALKIN, M.Ed., MSW, has been coaching and training professionals, executives, entrepreneurs, small business owners, government officials and non-profit staff members since 1985. He has been described as optimistic, conscientious, enthusiastic, insightful, honest, humorous, caring, and supportive.

When he is not coaching, Mark teaches a wide range of workshops and facilitates team building throughout the USA and in Asia. He has been an Adjunct Professor at the University of Denver where he taught a graduate course on team building.

He received his bachelors' degree (BME) and masters' degree (M.Ed.) in education from Northwestern University, Evanston, Illinois. His second masters' degree is an MSW from Yeshiva University's Wurzweiler School of Social Work, New York, NY.

Before the establishment of Zalkin Training and Development, Mark spent over 13 years as a supervisor and executive with organizations in Los Angeles, Omaha, and Denver.

A more detailed listing of Mark's background and programs can be found at zalkin-training.com.

A Meaningful System of Support

One of the best ways to endure a crisis is to have the support of another person who can listen and validate your feelings. Knowing that others care and will come to our support lessens feeling isolated, especially when tackling a problem alone. It's important to choose people you trust. Don't be surprised if it takes several friends, each of whom can provide different kinds of support. Resilient people aren't stoic loners. They know the value of expressing their fears and frustrations, as well as receiving support, coaching, or guidance from friends, family, or professional.

A Sense of Mastery and Control Over Your Destiny

You may not be able to predict the future, but you can tackle a problem instead of feeling at the mercy of forces outside of your control. Resilient people know that ultimately their survival and the integrity of their life values depend on their ability to take action rather than remain passive. Tough times call for you to tap into your own sense of personal responsibility.

Self-Reflection and Insight

Life's experiences provide fertile ground for learning. Asking yourself questions that invite introspection can open a door to new understanding and appreciation of who you are and what you stand for. Giving voice to your thoughts and feelings can invite insight and help transform the meaning of a problem into something useful. Resilient people learn from life situations, and do not succumb to punishing themselves because of decisions made in the past.

A Wide Range of Interests

People who show resilience in the face of adversity are those who have a diversity of interests in their lives. They're open to new experiences and ideas. Because their lives are rich, they can use their variety of experiences to find relief from the single mindedness and worry which often accompanies a crisis.

Sense of Humor

Have you ever had a wry laugh during a difficult situation? The ability to see the absurdity, irony, or genuine humor in a situation stimulates our sense of hope and possibility. Humor has both psychological and physical benefits in relieving stress because it encourages a swift change in your perception of your circumstances - and when your thoughts change, your mood follows.

At A Glance...

3 Tactics To Manage Life's Curve Balls

Diversion

It's helpful to temporarily remove yourself physically or mentally from a difficult situation. You can take a weekend trip, read a book, watch an engrossing movie, talk to a friend, take a walk or get some other physical exercise. Diversion gives you distance from a problem so you can come back to again and see it in a new light.

Stay In Control

No matter what, there are aspects to your life that you do still have some ability to control. Engage in every day activities like cleaning your house, feeding the dog, watering your plants, and paying your bills. Staying in control of those things that you can control can give you a needed sense of relief and purpose.

Go Easy On Yourself

If dealing with life's upsets were easy, everyone would be an expert. Give yourself the grace of knowing you are doing the best you can given where you are in your life right now. Check in with yourself frequently and ask, "What can I acknowledge in myself right now?" Difficult situations are prime time for shoring up your inner resources.
