

*Maryland State Bar Association Lawyer Assistance Program  
Wellness Tip Sheet*

**Choosing to be Resilient during Difficult Times**

**What is Resilience?**

Resiliency is the ability to bounce back and recover from a change or hardship quickly without being overwhelmed or acting in harmful ways. Resilient people take charge of their lives and move forward quickly after a hardship. When a very resilient person experiences a traumatic life event they recover stronger, better, and wiser.

**Will you see yourself as a victim or will you be resilient?**

It is not the situation; rather how you react to a situation that will determine whether or not you feel like a victim. Research has shown that the least resilient people are those who believe their life is full of stress and blame the way they feel on that stress. They choose not to take an active role in their life and rather allow situations to take control of them and how they feel. Resilient individuals are resistant to stress. They are able to learn from difficult situations, adapt quickly to changing circumstances, and, therefore, come out of situations with more positive outcomes. They take a challenging life experience, learn from it, and see it as an opportunity to improve their life.

**Developing Resiliency Skills**

We are all born with the ability be resilient, but it is something that must be learned. When learning to be resilient it is important to focus on:

- Maintaining a healthy and stable emotional and physical wellbeing. A strong wellbeing helps to keep your energy level up.
- Focus on what you can change and on your problem solving skills. Research shows that if your focus is on what you can change rather than on how you feel it will lead to better resiliency.
- Maintain strong self-confidence (not arrogance), inner strength, and self esteem.
- The ability to turn a bad situation into a good situation. Try to see how the difficult situation can improve your life.

**Other helpful hints when faced with an adverse situation: Al Silbert, Ph. D., author of Resiliency wrote:**

- *Your mind and habits will create either barriers or bridges to a better future.*
- *Resiliency can't be taught, but it can be learned. It comes from working to develop your unique combination of inborn abilities.*
- *The struggle to bounce back and recover from setbacks can lead to developing strengths and abilities that you didn't know were possible.*

***Call the Lawyer Assistance Program for free, confidential assistance and speak to a counselor at***

***410-685 7878 x 3041 or toll free at 800-492-1964***