

# Resilience Myths



## **Myth #1: Resilience is only built one way.**

Resilience can be built in many ways, and it can also diminish over time. Resilience is different for each person and can evolve.



## **Myth #2: Resilient people do it alone.**

High-quality relationships and having a community to lean on and contribute to are pillars of building and maintaining resilience.



## **Myth #3: Resilience is managing negative emotions.**

While it is important to acknowledge and understand our negative emotions, resilient people recognize the importance of *both* managing negative emotions and cultivating positive emotions.



## **Myth #4: Resilient people power through stress and illness.**

We need to rest and recover just as much as we need to push and persevere, maybe more.



## **Myth #5: You either have resilience or you don't.**

Resilience can be learned, practiced, and improved on by everyone.

# Building Blocks of Resilience



**Self-Awareness:** Your ability to recognize and understand your thoughts, emotions and behaviours. There are two main elements for self-awareness:

- Internal self-awareness is how clearly we see our own thoughts, feelings, values etc.
- External self-awareness is understanding how other people view us.



**Mindset:** Cultivating a positive and optimistic outlook.

- Try reframing negative thoughts with the power of “yet” or “what if the opposite is true?”



**Support System:** Building and maintaining strong relationships.

- Having a network of people that you can count on and who can count on you has many benefits physically and mentally, including boosting your resilience.



**Self-Care:** Prioritizing our physical and mental well-being.

- Self-care is not selfish; it allows you to be stronger and more supportive of others. Taking care of ourselves is just as important as taking care of each other for our happiness and resilience.