

How to Get That Can-Do Spirit

Steps to Mental Resilience

1. ***Solve the right Problems.*** Instead of ruminating over things over which you are powerless, focus on what you can influence and think of solutions. There is rarely only one answer to a problem. If the strategy you're using isn't effective, don't give up – change your strategy.
2. ***Pursue a Passion.*** Being an adult means your day is filled with must-dos, so it's crucial that you carve out time for yourself. People are more vulnerable to stress – and less resilient – if they don't engage in meaningful activities. Enjoying pleasurable pursuits renews our spirit and gives us the emotional resources to cope with life's curve balls.
3. ***Seek Support.*** Resilient people tend to have strong social ties and seek help when needed. Ask friends and relatives to lend a hand. Or consider joining a support group. People in the same boat may know resources of which you are unaware and offer helpful strategies, he says. Studies show that attending a support group eases stress, makes you feel more hopeful and leads to positive personal changes.
4. ***Learn from your Mistakes.*** Don't chastise yourself if you forget a doctor's appointment or lose your temper. Resilient people attribute mistakes and failures to circumstances, faulty strategies or other factors that can be changed – not to character flaws. For instance, lack of sleep may be to blame for your short fuse. If you forgot to check your calendar, use reminder software on your computer's calendar program to alert you to appointments. By focusing on what you can do differently, you put yourself in the driver's seat.
5. ***Give yourself credit.*** If you feel your successes are due to your smarts and efforts – and not dumb luck – you'll feel competent to deal with life's hardships and setbacks. “Owning” your accomplishments – and analyzing what qualities helped you achieve them – can help you connect with your resilient side.