

Resilience

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Some people deal with challenges and change better than others, why?

People who deal with challenges and change better than others are stronger mentally. They are resilient and confident, they believe in themselves and what they do, which leaves no self doubt. Their personal experiences effect the way they deal with situations.

"Human capacity to face, overcome, and even be strengthened by the adversities in life"

"the happy knack of being able to bungy jump through the pit falls of life" (ones ability to bounce back)

People who are resilient have a number of common characteristics?

- confidence
- optimism
- good humour
- patience
- intellect
- mental stability
- bravery
- logic
- common sense
- initiative
- a sense of belonging
- faith
- determined
- rational thinking
- a positive sense of self