

BUILD YOUR RESILIENCE

In the present times never-ending series of changes with shorter adaptability periods expect an Individual to be swift in their response. What is actually taking place in our lives? Situations arise that require challenging responses. The challenge is always new whereas the response is always old. Both as parents or teachers we need to be objective in the narration of our success and failure stories with our children and students. How do we see life and also facilitate the perception of the new generation to look at life – not simply as a received or managed journey but a self- made one? How can we let younger generations find themselves? Helping them build resilience may be an accurate answer. How does psychology explain it, and is everyone resilient, or some people more so than others? Resilience is usually used to reflect an individual's propensity to overcome an illness, although it can also be used to refer to the ability of an individual to withstand the effects of stressful life events that would ordinarily lead to pathological conditions. We have to understand what makes individuals resilient is both simple and exceptionally complex, as it may entail multiple factors that need to be blended together precisely. Our ability to deal with challenging experiences so that illness is either precluded or overcome may be related to a constellation of biological, environmental, experiential, and psychosocial factors. There's a general agreement that resilience refers to positive adaptation to adversity. We need to think of resilience as the capacity of a structure, whether that structure is a person, a family, an economy or a community that requires adapting successfully to challenges that threaten the functioning, the survival or the development of that structure..

In terms of building resilience, as parents we have to strike a balance between providing protection and the freedom to learn and grow so that they get ready for life. So what does it look like to demonstrate resilience as an individual? There are a number of factors that contribute to and act as markers of resilience, including: a positive view of yourself and confidence in your strengths and abilities, The capacity to manage strong feelings and impulses, sense of autonomy, remaining calm under pressure (equanimity, the ability to regulate stress levels), rational thought process, self-esteem, optimism, happiness and emotional intelligence, meaning and purpose (believing your life matters), humor, altruism (learned helpfulness), love and compassion.

To summarize, if a person has awareness (both of themselves and of the environment around them), they manage their feelings effectively, keep a grip on their thoughts, emotions, and behaviors, and understand that life has its inevitable ups and downs. Human beings have a lot of capacity for resilience. We know the future would expect each one of us to show cooperation and connectedness. We need to inculcate conversation culture so that the next generation is

well prepared to handle dynamic surroundings and themselves. We need to accept the fact that change is the only constant around us in order to enable us to embrace resilience as a way of living and help our next generation deal with life with the required endurance, grit and mental toughness.