**Resiliency Skills and Attitudes**

People handle adversity differently depending on life experiences, culture, personality, and family systems. However, here are some common skills and attitudes seen in those who are resilient. Each of these skills and attitudes can be learned.

1. **Being connected to others**.  Social support and [relationships](https://www.psychologytoday.com/us/basics/relationships) that can provide support and caring are one of the primary factors in [resilience](https://www.psychologytoday.com/us/basics/resilience).  Having a number of these relationships, both within and outside of the family, that offer love, encouragement and reassurance can build and support resilience.
2. **Being flexible**.  By definition, flexibility is a key component of resilience and one of the primary factors in emotional adjustment and maturity.  This requires that an individual be flexible in his thinking and his actions so they can embrace change.
3. **Being able to make realistic plans and take action to carry them out**.  Being able to see what is, rather than what you would like is a part of this skill.  Being proactive rather than reactive, [assertive](https://www.psychologytoday.com/us/basics/assertiveness) rather than aggressive or passive are all components of this skill, e.g., taking a professional class to improve skills.
4. **Being able to communicate well with others and problem-solve both individually and with others.**  This includes basic communication, listening and problem-solving skills, e.g., working as a team member to overcome problems and achieve goals.
5. **Being emotionally self aware.** Emotional insight is key when managing strong emotions, understanding stress triggers and when to seek out self-care to bounce back.
6. **Being able to manage strong feelings**.  This requires being able to take action without being impulsive and responding out of emotion and being able to put emotions to the side when clear thinking and action are required.  Being able to use thinking, as a way of managing one's emotions is a key component of this skill, e.g., when you're angry or hurt, thinking before acting.
7. **Being self-confident**.  Having a positive [self-image](https://www.psychologytoday.com/us/basics/identity) is critical if a person is to be able to confront and manage [fear](https://www.psychologytoday.com/us/basics/fear) and [anxiety](https://www.psychologytoday.com/us/basics/anxiety) in his/her life, and overcome obstacles.
8. **Being able to find purpose and meaning.**  Being able to make sense out of what is happening and to find meaning in it is critical if one is to be able to manage the feelings that are aroused in a crisis.  [Spiritual](https://www.psychologytoday.com/us/basics/spirituality) and [religious](https://www.psychologytoday.com/us/basics/religion) practices are often a component of this factor, e.g., acting on your values.
9. **Being able to see the big picture**.  This factor is often closely aligned with #6, #8 and #13.  Optimists in general are better able to see the bigger picture than pessimists.  They are more likely to see good and bad events occurring in their life being temporary rather than permanent.  This, too, will pass.  They are also more likely to see events having a specific impact on certain areas of their life rather than having a pervasive impact on their entire life or their future.  Last of all, they are less likely to blame themselves or someone else for the hard times.  Optimists avoid the blame game, e.g., hold yourself and others accountable without the emotional dose of blame.
10. **Being able to appreciate and use** [**humor**](https://www.psychologytoday.com/us/basics/humor) **appropriately**.  Whether humor is "sick" or "dark" often depends on the setting.  [Laughter](https://www.psychologytoday.com/us/basics/laughter) may have healing powers, e.g., if you're not feeling well; watch a funny movie.
11. **Being able to take care of yourself**, e.g., [diet](https://www.psychologytoday.com/us/basics/diet), exercise, financial "[health](https://www.psychologytoday.com/us/basics/health)," etc.  First responders and health care professionals are often major offenders in this area.  We often assume that the rules do not apply to us, but they do
12. **Being able to care for others physically and emotionally**.  Occupations and volunteer activities that involve caring for others can often build resilience, e.g., volunteer in a shelter or a food bank.
13. **Being able to cultivate spiritual beliefs and practices** can buffer against the effects of stress, promote a sense of meaning and purpose, as well as help individuals see stressful situations as having potential benefits that are greater than the momentary difficulty.
14. **Being tenacious about learning to be more resilient.** Everyone can learn to be stronger, better at self-care and more resilient. Which skills you develop is a personal choice. Just keep working at it until you find the right path for you.

All of these resiliency skills are vital for those who work in the medical field. The circled items are especially effective at preventing and combating Compassion Fatigue and Burnout.

The above content was gathered from the articles below and compiled by Janet D Tracy.

**The Eleven Skills and Attitudes That Can Increase Resilience** Ron Breazeale, Ph.D, Psychology Today Posted Jan 04,2012

**10 Ways to Improve Your Resilience,** By [Kendra Cherry](https://www.verywellmind.com/kendra-cherry-2794702) | Updated April 07, 2019

[**Resilience in the Workplace: How to Be More Resilient at Work**](https://positivepsychologyprogram.com/resilience-in-the-workplace/), 16 Jan 2019, Heather Craig L Positive Psychology Program