



6 Empowering Strategies for Creating Greater Mental Resilience in Life¹

1 Develop Healthy Self Talk

Just as our thoughts have the power to define the quality of our lives, how we choose to talk to ourselves is equally important. The key here is to develop greater awareness of those inner-voices and parts that come across as critical, demeaning or self-deprecating.

There is usually a small choice gap between our awareness and how we respond. Use this gap to find a loving and self-affirming voice within yourself. Talk kindly to yourself. Give your inner child all the love and nurturing that it needs to feel appreciated, valued and respected.

2 Change the Way You See Crisis

Nothing in our lives has any meaning, other than the meaning we give it. In facing crisis or disappointment we can choose to see it as both a blessing and a curse. In the same way that a glass which is filled half-way can be both half-empty and half-full. It is where we choose to place our attention, focus and meaning that will determine the quality of our lives.

So today, make a list of all the opportunities that are possible through crisis. How is it encouraging you to become more? What inner-gifts and resources is it developing within you? How had rising above adversity and challenge in your past made you more of the person that you were truly created to be?

3 Set Goals and Use Visualisation

Setting goals can be a powerful strategy for helping develop and grow our inner resilience. When we set a new goal for our life, we begin to create an inner image of a new destiny, a new place that we want to be. Goals provide us with direction, focus, intention and an opportunity to grow into the person that we were created to be.

Taking a small amount of time each day to visualise and see yourself having, being and experiencing greater levels of happiness, joy and fulfilment can be an empowering way to lift your overall spirit, energy and attitude. Afterall, in order to reach the stars, you first must be willing to turn your head upwards and see them.

¹ Source: Adapted from the American Psychological Association, Building Your Resilience Framework, February 1, 2020



4 Treat This as an Opportunity to Grow/Learn

No matter what crisis or adversity we experience in our lives, the reality is that in every experience there is a wonderful opportunity to grow and to learn. By learning to reframe your current circumstance, you can begin to take back your own power and presence. You also start to move your energy from the helplessness of being a 'victim of circumstance', towards being a powerful and empowered 'creator of your life'.

So, set some learning goals and outcomes for yourself, and ask some greater questions, such as: What is the higher lesson in this experience for me? How am I being guided to grow and evolve? What does my soul and spirit most need to learn, discover and understand now?

5 Allow Yourself to Experience Ambiguity

Confidence and self-efficacy grow when we can handle greater levels of uncertainty and ambiguity in our lives. While the ego always wants us to know what is next and to know that the path is certain and well defined, the reality of life is often we will find ourselves venturing into the unknown without a clear plan or guide. Its in these moments that we need to become best friends with 'not needing to know'.

When we have the courage to simply be present, and to step into ambiguity, we open the door for all possibility to unfold. Afterall, if you have something and it is taken away, what is then left? Answer: nothing. And in the presence of 'nothing' what is possible? Answer: everything. Therefore, ambiguity will call us to know trust and believe that – we don't need to see whole staircase, we just need to be willing to take the next step in faith.

6 Maintain a Hope-Filled Outlook

Once we set a new goal or vision for our lives, if we believe it is possible to attain and have it, we are filled with hope. However, if we believe it is not possible, then we allow the energy of despair to be present. Maintaining a hope-filled outlook therefore is critical to seeing ourselves navigate and arise from the valleys of uncertainty, adversity and crisis, and to help us find the staircase that leads us back up the mountain to where we truly belong.

Hope provides encouragement. Hope enables others to help us. Hope gives us a reason to get up tomorrow. Hope enables us to dream bigger than our current circumstances. Hope provides the path home for the soul where it discovers that it has never been separated from its source.