



Stony Brook
University

THE OMBUDS OFFICE

*We're here to listen with an open mind.
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Confidential Impartial Informal Independent

BECOMING RESILIENT

Resilience is the ability to bounce back after adversity. Why are some people more resilient than others? How is it that even though they experience the same event as we do, that they seem to cope better?

Here are some factors that may help you become more resilient:

- **Adaptability** – Overcome obstacles by learning from your mistakes, by meeting the challenges that come your way and by refusing to give up.
- **Attitude** – You don't have to wear rose-colored glasses all the time, but by being optimistic you're choosing to see the glass half full rather than half empty. Avoiding negative thoughts and people who are negative works to your advantage.
- **Curiosity** – Look around, use all of your senses and observe the people and the world around you. A love of learning helps you grow and enriches your life experience.
- **Generosity** – Helping others can provide a sense of satisfaction and purpose. Particularly those who have experienced adversity are often the first to help someone through a similar experience.
- **Humor** – Laughter is very therapeutic. The bonus is that it's also good for the immune system.





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- **Purposefulness** – Setting goals and finding meaning in your life becomes your “raison d’etre” - your *reason for being* on this planet.
- **Self-esteem** – Is respect for oneself and trust in one’s abilities. How we think impacts how we feel, how we feel determines our behavior and the decisions we make. Possessing self-confidence with a healthy dose of humility is essential. Being able to emotionally set healthy boundaries between yourself and others helps you maintain your individual identity.
- **Stress** – Stress is not necessarily bad. It can motivate you to face your fears, meet deadlines and even improve your performance. How well you manage stress will determine how fast you recover.
- **Support system** – Having healthy relationships with those whom you trust and feel safe around is a good thing. It can take the edge off a stressful event and provide you with a more balanced perspective.
- **Values & Ethics** – Behaving ethically with sound knowledge of both right and wrong provides you with a clear conscience.
- **Well-being** – Believe it or not, getting enough sleep, eating healthy foods and making time for exercise plays a pivotal role in your ability to be resilient. So, remember, when you exercise the body, you also exercise all the organs, including your brain.

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