THE POWER OF RESILIENCE

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The noun resilience comes from the Latin word resiliens “to rebound, recoil.” As a character trait it can be defined as the mental ability of a person to rise above adversities, difficulties and even illnesses.

As a government employee, we are often bombarded with lots of work related stressors, that when combined with relationship problems and even financial crisis, it will result in an emotional distress, so overwhelming that when handled improperly will greatly affect our everyday lives. This is why we have to take the path to resilience.

Resilience is a very powerful trait that we must possess and develop within ourselves. Research says that resilience is not a natural trait, it is a trait or behavior that is developed and learned overtime. The primary factor that contributes to developing resilience is having a loving and caring support system. Relationships that build trust and offer encouragement can help bolster a person’s resilience. Also it is important to note that in order to develop resilience, we must first take good care of ourselves, learn to practice self-care and engage in activities that promote healthy lifestyle. A sound mind and a healthy body is a vital component in achieving resiliency in our life.

Another factor is having a positive and optimistic outlook in life, instead of fighting our adversities, we must learn to embrace it. Acceptance is the key, we should accept that everything happens for a reason, whether good or bad, a resilient person will view these circumstances not as challenges but as an opportunity for self-discovery that is often used for self-improvement. For one to be resilient, he/she must first experience difficulty, sadness, emotional pain and sometimes even trauma. As human as we are, we
often succumb to our pain, the feeling of unworthiness and helplessness often leads to anxiety and depression. Accepting and growing through our pain is part of our personal growth. And with resiliency, we will begin to view these adversities as our stepping stone in achieving our dreams and goals. Resilient people reach their highest potential by taking risks, they are not afraid to fail as long as their goals are in alignment with their highest purpose. It is interesting to note that sometimes when we pay close attention, we learn that these adversities happen in order to guide us to our true destiny.

The path to resilience is one that we must all take. The journey towards resiliency is not always an easy one, because for one to be resilient, he/she must undergo some intense pressure just to come out as a stronger and a better person.

References:
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