Grace Counseling

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4 Ways to Build Resilience

Resilience is the capacity to withstand hardship and recover quickly from difficulties.

Because we live in a world that strives to make life easier, we have fewer opportunities to build resilience. This makes the weight of hard things feel heavier, and it extends our recovery time when we go through challenges.

While grocery delivery and Netflix are major benefits in our 21st-century world, we also have fewer opportunities to develop the perseverance of Paul:

> *"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed"*
>
> ***2 Corinthians 4:8-9***

So, how do we increase our capacity for hard things? Just like strengthening a physical muscle, you gotta work out your resilience muscle, too. On the right, check out four practical steps you can take.

1 Take Note of Your Opportunities to Be Resilient

You don't even have to do anything differently yet! Just noticing the choices you make can help you shift your mindset from always "looking for the easy way out" to "I can do hard things."

2 Practice Perseverance by Doing Something New

Take a chance and do something outside of your comfort zone, and be ok if you aren't very good at it. Learning something new takes practice and delays gratification, which can help you build resilience.

3 Develop Small Moments of Discipline

Make a list of things you could do to make your life easier – not something drastic, but just a few small things you could do that would make a big impact (wake up ten minutes earlier to spend time praying, throw in one load of laundry a day, take the stairs to the office instead of the elevator, go for a walk during your lunch break...or maybe just take a lunch break at all!). Choose one, and commit to doing that one thing every day, even when *"today you"* doesn't want to. Do it for *"tomorrow you."*

4 Unplug and Connect With Others

Be intentional about putting your phone down and interacting with people. From waiting at the doctor's office to having dinner with your family, there are ample opportunities to connect with those around you. You'll increase your ability to be fully present in the moment and engage your brain in a different way than screens can.

Want to talk through more ways to build resilience that are specific to you and your story? Email Grace Counseling at: gracecounselingcenter.org