

EMOTIONAL RESILIENCE

by:
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Those who have a higher level of emotional resilience are better able to cope with the challenges of daily life. Emotional resilience, fortunately, is a skill that can be learned. In reality, it's a skill worth honing for a variety of reasons, not the least of which is that it has the potential to revolutionize your life and your stress levels.

Emotional resilience is the ability to adapt to adverse circumstances or disasters. People who are more resilient can "roll with the punches" and adjust to adversity without lasting difficulties; those who are less resilient have a harder time dealing with stress and large and little life changes. According to research, people who can deal with minor tensions more effectively may also deal with severe crises more easily. As a result, resilience provides advantages in both everyday life and rare big disasters.

Emotional and physical resilience are, to some extent, inherited traits. Some people are naturally less bothered by changes and surprises; this can be seen as early as childhood and tends to remain consistent throughout one's life. Emotionally aware people are aware of their feelings and why they are feeling them. They are also more in touch with their own inner lives, thus they are able to understand others' feelings better. This form of emotional awareness enables people to respond correctly to others as well as better regulate and cope with negative emotions like anger and terror.

People with emotional resilience are action-oriented, whether they're working on external goals or internal coping mechanisms; they trust the process and don't give up. When confronted with a difficulty, resilient people do not feel helpless or despairing. When they meet a challenge, they are more likely to keep working toward their goal.

People with high emotional resilience can laugh at their problems. This can be a huge help since it changes how the body reacts to stress by shifting one's perspective from perceiving things as a threat to seeing them as a challenge. They also laugh more often, which has its own set of advantages.

Emotional resilience is something that can be learned. Because stress and change are inevitable, there are always opportunities to develop resilience – and the benefits are substantial. All it takes is a little knowledge on how to develop and strengthen resilience traits, as well as an enthusiasm and commitment to the process.

References:

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