

BUILDING RESILIENCE AND COPING STRATEGIES

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The capacity to adjust effectively in the face of hardship, trauma, tragedy, danger, or significant causes of stress is known as resilience. It entails developing personally and is comprised of recovering from trying circumstances. Prioritizing relationships, taking care of oneself, practicing mindfulness, avoiding negative outlets, finding a purpose, embracing healthy thoughts, believing in oneself, being upbeat, nurturing oneself, continuing to work on skills, accepting change, and learning from past experiences are all essential components of building resilience. For resilience to be built, connections must be made (Kalaitzaki, A. E., & Birtchnell, J. 2022). Making connections with sympathetic and understanding others a priority will help you remember that you are not facing challenges alone. Encouraging healthy lifestyle choices like balanced eating, getting enough sleep, staying hydrated, and engaging in regular exercise helps fortify your body and lessen the effects of negative emotions like sadness or worry. Spiritual practices like yoga, mindful writing, and meditation or prayer can also help people rediscover hope and mend broken relationships. Finding your purpose is yet another crucial step in becoming resilient. Assisting a buddy in need or working at a local homeless shelter are two ways to foster connections, self-worth, and helping others. Be proactive by acknowledging and accepting emotions during hard times and promoting self-discovery. Move toward your goals, adopt a balanced and realistic thinking pattern, accept change, and learn from past experiences. Believe in your abilities and be optimistic, nurture yourself by building self-nurturance skills, and keep working on your skills (Gong, Y., Li, M., & Wang, L. 2023).

The deliberate and voluntary mobilization of ideas and actions to deal with stressful conditions, both internal and external, is known as coping. According to Ronen (2021), four main styles can be classified as problem-focused, emotion-focused, meaning-focused, and social coping. People can develop or manage a coping mechanism by lowering their expectations, seeking assistance, accepting responsibility for the situation, problem-solving, preserving emotionally supportive relationships, remaining composed, questioning preconceived notions, making an effort to change the stressor directly, removing themselves from it, and approaching the issue from a religious standpoint. Coping mechanisms and resilience are related ideas that pertain to a person's capacity to deal with and adjust to difficulties, pressures, and unfavorable situations. Resilient people frequently exhibit adaptability, optimism, tenacity, self-efficacy, and the capacity to develop and learn from events. Emotion-focused coping and problem-focused coping are two categories of coping techniques. Suitable coping mechanisms help people become more resilient by increasing their chances of overcoming obstacles and becoming more assertive. Resilience and coping mechanisms are dynamic and subject to change as people grow and hone their coping mechanisms (Diaz, 2024).

In conclusion, Resilience is crucial in navigating life's challenges and stresses. It involves overcoming difficult experiences, embracing change, and maintaining a positive outlook. This involves good social connections, self-care practices, mindfulness, and goal setting. Problem-focused, emotion-focused, meaning-focused, and social coping strategies help individuals deal with stress effectively and contribute to resilience building. These mechanisms enable individuals to stand up for themselves, maintain emotional balance, and adapt to different circumstances. Resilience interacts with coping mechanisms to thrive amidst adversities and become stronger. Integrating these learnings into personal and professional life improves mental health through efficient stress management and overall well-being.

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