

# Building Resilience

## Tips from Modern Health Coach



*Resilience is built everyday. There is no life without suffering as there is no life without joy. Learning to handle ourselves with care and attention will make the difference between suffering or joy, whatever the circumstances.*

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Psychological resilience is the ability to cope with a crisis in an adaptable manner. It is less about the time it takes to adapt to crisis to being resilient but more about the ability to take action on the things we can control and accepting the things we cannot. Resilience can be useful in our ability to live a meaningful life despite the adversity or challenges we may face.

### How would you define resilience?

Resilience is the capacity to overcome difficulties and hard times. It means not only “surviving”, but emerging from the experience, having grown as a human being with new skills and capacities. We can all develop resilience if we set our mind in the right direction.

### How does resilience help us navigate times of uncertainty and stress?

Life is ever changing and resilience helps us surf the waves, stay on the surface of the sea and not fall into deep waters. Resilience reminds us that we have been able to overcome hardship before and that we can do it again.

### What can we learn from building resilience?

Being honest, we realize that most of the time (if not every time) these experiences brought a hidden present for us. We would, certainly, not have chosen to have them, but as they already took place, we learn from them.

### What are actionable ways we can build resilience?

Build a list of your hard times. Then see what you have learned from those experiences and how it has helped you become the person you are now. Consciously learning from the experiences that we have is, for me, the most effective way to build resilience.

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