

## - Adjustment (Psychology)

### 4 steps to build your resilience

---

The Economic Times · 27 May 2022 · 18

---

Resilience is your ability to bounce back after a stressful situation. It's not something we're born with but something we learn.



Here are a few things you can try:

1

Keep your mind and body healthy. Exercise regularly and eat a balanced diet containing fruits, vegetables, dairy, grains and protein.

2

It's important to make time for your self. Do something daily that you love that relaxes you so you can tackle difficult tasks with aplomb.

3

Even in the most challenging situations, you can still find something positive to focus on. Come at a problem from different angles in your search for a solution.

4

Asking someone for help is not a weakness, in fact it's the exact opposite. Reach out to your friends, a family member or a professional for information or support when you are struggling.