

# WAYS TO BECOME CALMER & RESILIENT

Overcome Stress, Increase  
Happiness, & Have More Energy



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## Tips To Be Resilient In Tough Times

Our daily choices determine our ability to be more resilient in challenging times. One has to learn various secrets in order to survive in tough days.

Most humans do not like change, and they resist it, especially when we are considering the challenges and adversity. But one has to accept them. Therefore, resilience will help you in understanding, surviving and thriving change.

It is, in fact, one's capacity to fight adversity and stress. One has to believe oneself and things that are bigger than oneself to get resilient.

People are not born with resilience; various thoughts, actions, and behaviors are a part of being resilient and anyone can learn them.

We have listed some important tips that will help you in getting resilient whenever you need to be.

### **1. Change your thinking for solving problems, and adopt a different strategy**

A strong person will not repeat the same mistakes over and over. They accept the reasons for their failure and take their time to learn their mistakes.

### **2. Overpower your emotions instead of allowing them to control you**

A resilient person uses a positive approach. They keep in mind that their problems are only temporary, and they can overcome their setbacks. These people are not afraid to learn from experiences of others.

### **3. Stay strong**

A resilient and strong person will fight his fears and adopt an adaptive strategy to find a solution, especially in the most difficult times. Bigger problems will make them stronger.

### **4. Learn to grow**

Life is neither easy nor forgiving. One has to be strong and resilient. Such people become brave and courageous. They are aware that the true meaning of life is whatever happens inside them.

## **5. Prepare yourself**

A strong person will spend his energy in solving the problems, instead of allowing them to paralyze him. He never stops his future planning even in the hardest times.

## **6. Get up, no matter how many times your fall**

A strong person knows that falling is not a failure, but quitting is. He does not quit even in the hardest times, because he has the ability to adapt.

## **7. Reward yourself with every win**

A resilient person believes in oneself. He uses hard work as the key to accomplish small goals and gathers strength from these wins.

## **8. Keep giving**

Resilient people find joy in helping others, because one has to be selfless to find one's biggest strengths.

## **9. Maintain relationships**

A resilient person knows the importance of building supportive and strong relationships with others. Therefore, he is surrounded by supporting and caring people.

## **10. Learn the meaning**

A resilient person will create meaning by himself. His sense of questioning will help him in getting a clear purpose. Plus, he will be able to view his hardships and failure from a different perspective.

Resilience is needed to pass the tough times. One has to give attention to one's complex experiences or emotions, and learn from one's failures and disappointments.

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