

Die 10 Schritte zur Resilienz laut APA (American Psychologist Association)

Soziale Kontakte schließen

- gute Beziehungen zu nahen Freunden und Familienmitgliedern
- Hilfe und Unterstützung von anderen abnehmen, die sich um Dich kümmern und Dir zuhören
- Andere unterstützen kann selber wieder Hoffnung bringen

Probleme nicht als unüberwindlich ansehen.

- die eigene Sichtweise und Interpretation auf schwierige Ereignisse ist modifizierbar
- realisieren, dass sich in der Zukunft der eigene Zustand besser sein wird.

Veränderungen als Teil des Lebens sehen.

- Umstände akzeptieren, die man nicht ändern kann
- Konzentration auf Umstände, die man verändern kann

Ziele anstreben.

- Realistische Ziele setzen und diese verfolgen
- In kleinen Schritten denken, die einem aus der aktuellen Lage herausbringen

Zum Handeln entschließen.

- arbeite bestmöglich gegen die missliche Lage
- führe entscheidende Handlungen durch und fokussiere nicht auf die Probleme

Auf Wachstumschancen achten.

- die Krise als Chance zum persönlichen Wachstum sehen
- welche Stärken wurden durch die Krise entwickelt und welche Schwächen minimiert (auch wenn dies inmitten der persönlichen Krise kaum augenscheinlich ist)

Positives Selbstbild aufbauen.

- entwickle ein positives Bild von Dir selber
- Konzentration auf die eigenen Stärken

Perspektive bewahren.

- die aktuelle Lage in einen sinnvollen Kontext betrachten
- Katastrophisieren vermeiden, Mücke soll Mücke bleiben

Optimistisch bleiben.

- ganz bewusst positive Ereignisse in der Zukunft erwarten
- Hoffnung aufrecht halten

Für sich selbst sorgen

- Achte auf die eigenen Bedürfnisse und Gefühle
- Mache was Dir Spass macht und Du genießt
- Bewege Dich regelmäßig
- Mögliche Wege zur Bewältigung stressreicher Ereignisse: Meditation, Schreiben oder Spiritualität,

(Original)

Make connections.

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems.

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living.

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals.

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions.

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery.

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

Nurture a positive view of yourself.

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective.

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook.

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself.

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.