



Resilience Roadmap

Facing, navigating and rising above adversity



Take-Aways

- Resilience is the ability to recover quickly from setbacks.
- Resilience encompasses a set of skills that can be learned and trained.
- You can develop a more resilient mindset by embracing a more positive attitude toward stress, viewing setbacks as learning opportunities and letting go of what you cannot control.
- Maintaining a strong sense of purpose, good emotional hygiene and a healthy dose of grit lets you persevere when the going gets tough.
- Resilience requires that you can draw on a reservoir of energy that you build by engaging in regular activities that feed your soul and replenish your physical stamina.
- Resilient people cultivate nourishing social relationships and maintain a strong social support network they can draw on when needed.

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Introduction

Resilience is the ability to bounce back from adversity. In times of uncertainty, volatility and change, resilience gives you the strength to persevere, navigate the rough waters and emerge from the experience stronger and more resourceful than before.

The coronavirus crisis has tested both our personal and collective resilience in the face of adversity. The pandemic has served as a stark reminder of the unpredictability of human lives. Coming to terms with the latter helps us respond to unexpected hardships more wisely.

Some people are born more anxious than others. But resilience encompasses a set of skills that can be learned and trained. This guide

offers an overview of the life attitudes and habits that enable you to tackle challenges, both large and small, with more serenity. You may find that you do better in some areas than in others. That's why each resilience factor is linked to a getAbstract reading recommendation, enabling you to explore it in greater depth if needed. The guide promotes a three-layered approach to knowledge: Main idea – 10-minute getAbstract summary – link to original source text. Sprinkled throughout the guide are quotes from getAbstract staff, describing some of their best practices in navigating adversity and life's daily stressors.

Mindset

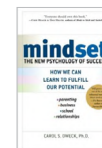
It may sound trite and clichéd, but cutting-edge scientific research continues to back it up: It's not outside events per se that bring you down, but your perception of and attitude toward them. The way you interpret the world around you and frame your expectations has a decisive impact on the way you react when things don't go as planned. The following resources will help you build a more resilient mindset.



1 Embrace Healthy Thoughts

Embrace a Growth Mindset

When experiencing a setback, some people say: "That's it! I will never get past it." But others may say, "Ok, that didn't go well. What can I do better next time or what do I need to work on to do better next time?" The latter response reflects what Carol S. Dweck calls a "growth mindset." People with a growth mindset believe that they can continuously improve their abilities through dedication and hard work. If you adopt a growth mindset, your willingness to learn from failure and setbacks will enable you to bounce back quickly and grow stronger as a result.



Mindset
Carol S. Dweck
getab.li/wp1001

Cultivate a Positive Attitude

It may sound a bit trite at first glance, but this piece of advice has its place. Studies have shown that people with positive attitudes enjoy longer lives and incur fewer illnesses brought on by tension and worry than negative people. Optimistic individuals have also been shown to stand up better in the face of stress and adversity. Note that optimism doesn't mean denying or ignoring the negative. It means taking on negative situations in a way that doesn't center on blame or brooding over what cannot be changed.



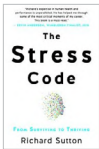
The Positive Dog
Jon Gordon
getab.li/wp1002



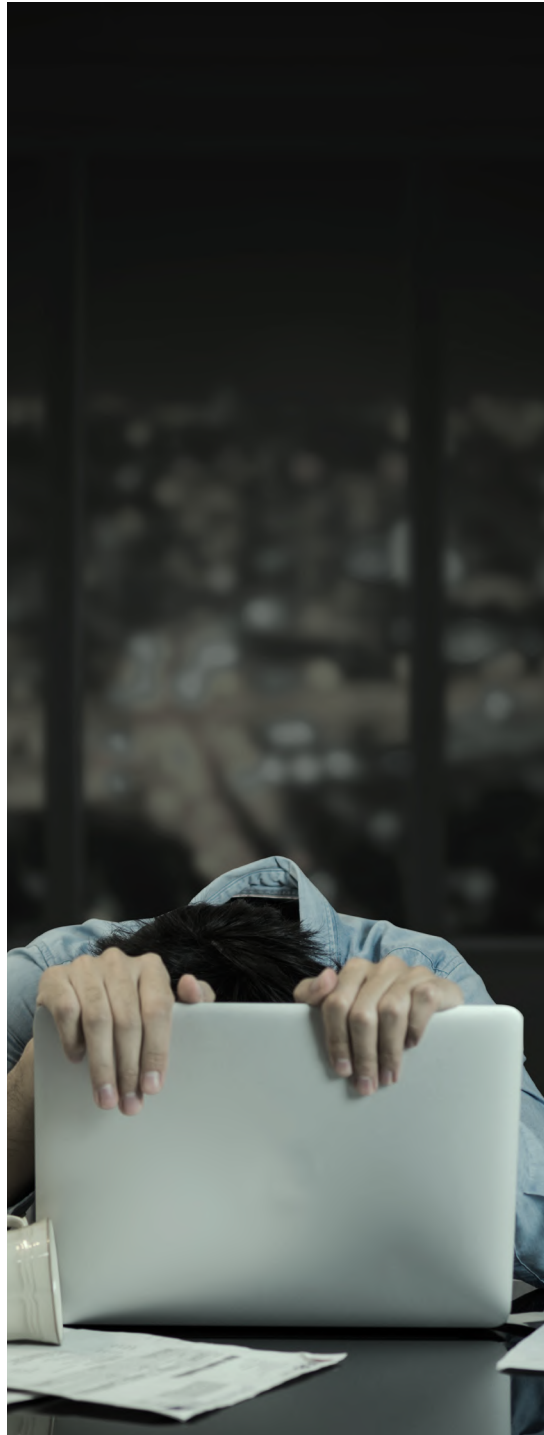
"My grandma had a plaque hanging in her kitchen with the Serenity Prayer: 'God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.' Although she died more than 30 years ago, I still have the plaque with me." – Patrick Brigger, Co-founder and Chairman, Lucerne

Reframe Stress

Stress doesn't need to be toxic. In fact, your view of stress impacts your health far more than the stress itself. Studies show that those who embrace stress and use it to fuel their efforts are happier, healthier and more productive. To develop stress resilience, reorient your thinking about stress to see it as something that energizes and challenges you. This will improve your ability to deal maturely with difficult moments or crises.



The Stress Code
Richard Sutton
getab.li/wp1003



2 Be Realistic and Practice Acceptance

Focus on What You Can Control

Worrying about things you don't or can't control drains your emotional energy and makes you weaker. Work instead on changing things you can control. Every small victory will boost your confidence and thus your ability to persevere through temporary setbacks.



Performing Under Pressure
H. Weisinger & J. P. Pawliw-Fry
getab.li/wp1004



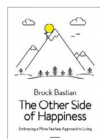
“When faced with a stressful situation, I try to imagine how I will be looking at the situation a year from now. Will it still cause stress? Will I even remember it? Most often, the answer is ‘no.’ This realization helps me put things in perspective and calms me down.” – Koni Gebistorf, Executive Editor, Lucerne





Embrace Pain

Do this little thought experiment: If you could live a life completely devoid of personal failure, pain and adversity, do you think you would still be able to experience true pleasure and happiness? Many of life's most enjoyable moments, from an early-morning jog to the birth of a child, mix the pleasant and the painful. When you shield yourself from bad times, you never develop the skills to cope with adversity when it does arise. Just as vaccinations that expose you to a form of a disease strengthen your biological defenses against pathogens, a moderate exposure to challenging experiences can boost your resilience to adversity.

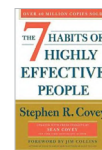


The Other Side of Happiness
Brock Bastian
getab.li/wp1005

3 Live with Intention and Purpose

Be Proactive

Proactive people operate in the realm of the possible. They see what they can do and do it. By taking responsibility and acting, they expand the realm of the possible. They get stronger as time passes. They become able to do more and more. They begin by committing to change something interior and may eventually change the world around them.



The 7 Habits of Highly Effective People
Stephen R. Covey, Sean Covey and Jim Collins
getab.li/wp1007



The Miracle Morning
Hal Elrod
getab.li/wp1008

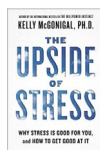


*"I stumbled across our abstract called **The Miracle Morning** a while back, where Hal Elrod speaks about incorporating 6 powerful practices into your morning routine. It seemed slightly excessive at first, but I was ready to improve how I started my day and thought I would give it a try. He names it the 'SAVERS' method. Sitting in SILENCE – pulling out your daily AFFIRMATIONS – VISUALISING how you want your day to play out – EXERCISING for however long you want – READING (our 10-minute abstracts come in handy here!) – SCRIBBLING in a journal literally anything that pops into your mind. I've never been a morning person, and the first week was painful to say the least, but over time I felt the benefits and it's made me start my day with more purpose and clarity. Honestly, something I wouldn't have thought achievable at 6 am in the morning." – Antonia McGrane, Customer Success Manager, Lucerne*



Develop a Strong Sense of Purpose

Oftentimes, it is the small daily hassles – rather than one-time adverse events – that wear us down. A simple mindset intervention that lets you see everyday obstacles as more manageable is to clarify your values and reaffirm them daily. Keeping the big picture in mind strengthens your ability to persevere against obstacles and failures until you attain your goals.



The Upside of Stress
Kelly McGonigal
getab.li/wp1009

Manage Your Emotions

You can't choose what happens to you, but you can choose how you respond. People who successfully develop emotional resilience accept their emotions and take ownership of their actions. They use questions to develop better self-awareness instead of letting negative emotions run their lives.



Emotional Habits
Akash Karia
getab.li/wp1010

4 Keep Going



Persevere

No matter what talents you are born with, what matters most is continual effort. You must persevere – whether you are building new skills, experiencing setbacks or celebrating a series of successes. Life demands nonstop effort, which both requires and nourishes grit. You need grit to keep going; and keeping going grants you more grit.



Grit
Angela Duckworth
getab.li/wp1011

Cultivate Inner Fortitude

Let yourself be inspired by real-life stories of people who triumphed despite having all odds stacked against them. Realize that whatever it takes to lead the life you want already resides within you. Learn about the common elements displayed by those who soared above adversity. Then, work on developing “the stuff” – the power to overcome any obstacles – in yourself.



The Stuff
S. Davis and S. Jeter
getab.li/wp1012

Physical and Mental Wellbeing

In his enduring classic, *The Seven Habits of Highly Effective People*, Stephen R. Covey referred to the seventh habit as “sharpening the saw.” The idea behind it is simple: If you don’t take care of your physical, spiritual, mental and social wellbeing, you won’t be able to perform at your best – not to mention power through when the going gets tough. Especially when you experience setbacks or hardship, you need to be able to draw on a reservoir of energy that you can only build by engaging in regular activities that feed your soul and replenish your physical stamina.



1 Nurture the Body

Manage your Energy

Resilient people know how to manage their energy. Too much energy spent, with insufficient rest and recovery, leads to trouble. Too much rest, with not enough energy spent, also leads to trouble. The key is to properly balance, or oscillate between, rest and recovery, recovery and rest.



On Form
J. Loehr & T. Schwartz
getab.li/wp1013



“When stress is particularly high or bothering me, I take a 20-minute walk. It really helps me to resolve the issues that are swirling around my head. At a neuroscience conference that I once attended, I learned that a daily, 20-minute walk at pace has a proven positive impact on mental health. I also found out that our brains are ten times more receptive when on our feet and therefore improves our ability to problem solve.” – Paul Glynn, Enterprise Relationship Manager, Southport, UK

Get Enough Sleep

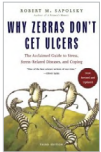
Sleep facilitates memory, creativity, problem solving and the acquisition of motor skills. It recharges the immune system, modulates blood sugar, clears coronary arteries and wards off disease. If you want to be more resilient, start by getting enough sleep.



Sleep Should Be Prescribed
Rachel Cooke
getab.li/wp1014

Exercise

Improving your physical conditioning can effectively reduce stress. Exercise elevates mood, lowers resting heart rate and blood pressure, and increases lung capacity. Regular exercise lowers the risk of cardiovascular and metabolic diseases, or makes it less likely that stress will exacerbate them.



Why Zebras Don't Get Ulcers
Robert M. Sapolsky
getab.li/wp1015



“For me, physical exercise is a highly effective way of releasing stress. It must be hard enough to make me stop thinking, to force me to concentrate on my breathing. If I can't do sports, I try to break down my larger worries into smaller pieces. I concentrate on what I need to do to get through a difficult situation one day at a time, rather than worrying about tomorrow or next week.” – Ramona Marcionetti, PR & Marketing Manager, Lucerne



2 Rejuvenate the Spirit

Reconnect with Nature

Cultures around the world honor the human bond with nature. Recent scientific studies have shown that nature positively affects people's mental, spiritual and physical health. Spending regular time in nature will give you energy to draw on when the going gets tough.



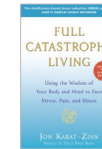
The Nature Fix
Florence Williams
getab.li/wp1016



“I go for a walk in the forest once or twice a day. It's so nice to observe how nature's blossoming during springtime! Sometimes I also meditate in the forest. Being surrounded by nature and listening to the birds singing sometimes fills me with so much bliss that I cannot even put it into words.” – Mara Egli, Customer Success Manager, Lucerne

Cultivate Mindfulness

Paying attention to the present moment helps us control the racing, repetitive and non-productive thoughts and emotions that lead to stress. Engaging in a formal meditation practice will not just increase your overall wellbeing but also help you respond more mindfully to challenging everyday situations.



Full Catastrophe Living
Jon Kabat-Zinn
getab.li/wp1006



“Rooting yourself in the present moment is a wonderful ability to cultivate: To see, feel and experience what is, and to fully accept it and even be grateful for it. We don't need a crisis, stress or any other external triggers to learn and appreciate being in the moment.” – Annina Meyerhans, Publishing Relations Manager, Lucerne

Social Wellbeing

Hardships of any kind can make us feel lonely. Talking about it helps; reaching out to others does as well. In fact, not doing so undermines your resilience. Humans are wired to connect with others. It is a need at par with our need for food and water. Despite the West's ideal of the 'self-made man,' there is hardly anything we can truly do on our own – including navigating difficult life circumstances. No discussion of resilience would thus be complete without addressing our in-born need for social connection and the way it affects our health, energy levels and ability to cope.

Take Loneliness Seriously

Studies have found that loneliness increased people's risk of early death by as much as smoking 15 cigarettes a day. In short, loneliness isn't just an unpleasant feeling; it has real physical consequences and decreases people's drive and motivation. If you are caught in the vicious cycle of loneliness and isolation, you can help yourself by starting to cultivate more meaningful connections with family members and friends – and do so regularly. Another powerful avenue is service: Assisting someone you know or volunteering for a cause can enhance your sense of self-worth by contributing to society.



'Loneliness on the Job Is a Public Health Crisis'

Bryan Robinson
getab.li/wp1017

Build a Support Network

When a crisis occurs, you don't want to face it alone. Resilient people build strong, positive relationships with loved ones and friends who can provide needed support and acceptance in both good times and bad.



Dear Wonder Woman, You Are Not Alone

Jodi Womack
getab.li/wp1018



"I think that staying connected to others gives your life purpose and meaning. Loving others gives you a reason to give the best of you every day and somehow it also helps you maintain a positive attitude." –

Jimena Batschelet, Email Marketing Manager, Lucerne

Spend Quality Time with Others

People who socialize often are less stressed than loners. Research indicates that the globe's happiest people spend six hours daily in face-to-face interactions. Hence, resilience is built both from the in- and the outside. Don't neglect building meaningful human connections – reach out to others as if your life depended on it (as it does).



The Blue Zones of Happiness

Dan Buettner
getab.li/wp1019

Conclusion

Life comes without a map. And if you come up with your own, the map won't include the twists and turns you will inevitably take. To make sure a bump in the road won't lead you astray, you will need a compass (a purpose in life), the necessary grit to persist when the going gets tough, and sufficient resources (physical, mental, spiritual and social) to draw on for energy and support. And remember: Becoming resilient doesn't just involve "bouncing back." It also empowers you to grow as a person. getAbstract wishes you all the best on your journey.

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