

# ROAD TO RESILIENCE



## RESILIENCE MYTH BUSTERS

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## Its OK to feel that struggle

What matters is how we react

Resilience is the ability to move forward by *growing* through every part of life's process. Struggling is a natural part of living. ***What matters is how we react to struggle.***



### LETS BUST SOME MYTHS

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It's easy to let difficulty keep us down. It isn't easy to stay afloat when the waters are rocky, and **it's okay to feel that struggle**. Resilience is associated with toughness. Part of being tough means admitting to difficulty and working through it instead of ignoring it.

#### Myth Number 1

***"Resilient people don't feel sad"***

This is a common misconception. Being tough doesn't mean that you cannot feel any emotions. Re-building your emotions starts by looking at the damage and understanding it, so you can move forward and make changes to your decisions and behaviours.

#### Myth Number 2

***"Resilient people don't take breaks"***

This myth is false because sustainability of your lifestyle is of the utmost importance, and that means structuring your time to include self-care. While it's not always easy to stay consistent with considering yourself when you have so much going on. Resilient people plan their activities to include fun stuff.

#### Myth Number 3

***"You were either born resilient, or you never will be"***

Contrary to this belief, resilience is not necessarily a skill that you had to be born with. It's completely possible to strengthen your resilience on purpose. Techniques to build this ability are straightforward and will make big, positive changes in your life.

#### Myth Number 4

***"If you're not resilient, it only means you have a bad attitude"***

A negative attitude can slow down progress, but it isn't the deciding factor in resilience. Strengthening resilience also has to do with taking positive action and changing negative behaviours.

**There are certain views that often get in the way of resilience and slow down progress. So we'll get these myths out into the open and deal with them up front.**



## MYTH BUSTING CONT...

### MYTH BUSTING CONTINUED

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#### **Myth: Number 5**

*“Resilience is only beneficial in times of difficulty”*

This belief is false because **the skills involved in resilience positively impact all areas of life.** They improve relationships, enthusiasm, and drive, regardless of the state of your life.

#### **Myth Number 6**

*“If you’re resilient, you won’t have any more problems”*

Unfortunately, life isn’t always perfect. It ebbs and flows and we cannot always control it. Implementing these skills as habits will help you in times of ease and times of stress.

### NOW FOR THE BRIGHT SIDE

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**1. Resilience strengthens motivation and drive.** You'll begin to feel more empowered when you practice these resilience skills. For example, being able

to look at a situation objectively will help you take more responsibility for your happiness. This will strengthen your confidence and willingness to take risks.

#### **2. Resilient people make good leaders.**

Part of being resilient means knowing what you can do and being transparent about what you struggle with. Good leaders are able to admit when they need extra support. Strengthening resilience will increase your ability to problem-solve and ask for direction.

#### **3. Self-awareness and self-motivation increase when resilience increases.**

Knowing yourself means knowing when too much is on your plate and when you need to take a break. Setting boundaries with people, work, and yourself will get easier as you practice resilience skills.

#### **4. Improving resilience will build your ability to accept the truth of what life**

**throws your way.** You'll always know that things will get better, and you'll find that you worry less about the worst-case-scenario.

“When you practice the skills that go into being resilient, you'll notice positive changes in your life. Bouncing back from adversity doesn't mean that things will just get back to normal, but that they will get to an even better place”