



Be the Best that You can Be

# Cedarwood School

113-117 Dunmaglass Road, Glenferness  
PO Box 812, Witkoppen, 2068  
Telephone: (011) 465 9830, (011) 467 4889, (011) 467 4657 / 072 617 5291  
Fax: 086 654 9727  
E-mail: [admin@cedarwoodschool.co.za](mailto:admin@cedarwoodschool.co.za)  
[www.cedarwoodschool.co.za](http://www.cedarwoodschool.co.za)



## Emotional Resilience

Stress is a fact of modern life-seemingly everywhere all the time. Emotional resilience is the ability to adapt to stressful situations and cope with life's up's and downs.

The word resilience comes from a Latin word 'resilio' meaning to bounce back. Resilience is not just the ability to bounce back but also the capacity to adapt in the face of challenging circumstances whilst maintain a stable mental well-being.

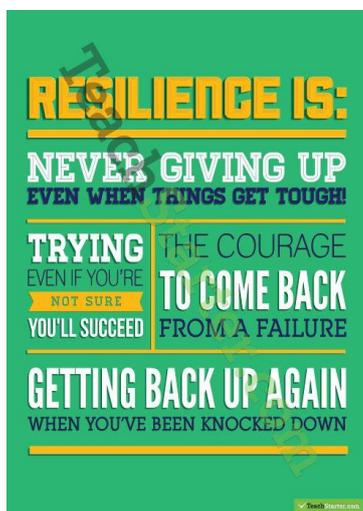


Resilience does not eliminate stress or erase life's difficulties, but allows you to tackle problems, live through adversity and move forward in life.

A resilient person is more like a bamboo in a hurricane, bending rather than breaking, being flexible and adaptable, rather than being rigidly resistant.

Biological and social influences make people seem more naturally resilient than others.

### The Resilient Attitude



What is it about emotionally resilient people that makes them more effective at managing stress than non-resilient people? The key difference between the groups appears to be that emotionally resilient people have a specific set of attitudes concerning themselves and their role within the world that motivates and enables them to cope more efficiently and effectively than their non-resilient counterparts. Emotionally resistant people tend to:

- Have realistic and attainable expectations and goals
- Show good judgement at problem solving skills
- Be persistent and determined
- Be responsible and thoughtful rather than impulsive
- Be effective communicators with good people skills
- Learn from past experiences so as not to repeat mistakes



CEDARWOODSCHOOL  
(Association incorporated under Section 21 - not for gain)  
Fundraising Number: 01 101753 000 2  
Co registration number 1997/018168/08  
Umalusi Accreditation No. 17 SCH01 00304





*Be the Best that You can Be*

# Cedarwood School

113-117 Dunmaglass Road, Glenferness

PO Box 812, Witkoppen, 2068

Telephone: (011) 465 9830, (011) 467 4889, (011) 467 4657 / 072 617 5291

Fax: 086 654 9727

E-mail: [admin@cedarwoodschool.co.za](mailto:admin@cedarwoodschool.co.za)

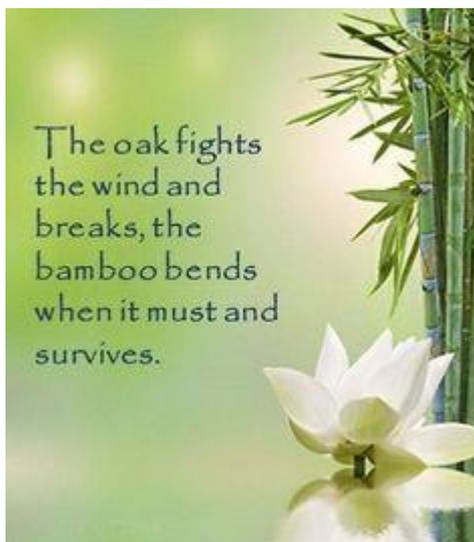
[www.cedarwoodschool.co.za](http://www.cedarwoodschool.co.za)

- Feel good about themselves as a person
- Be empathetic towards other people
- Feel like they are in control of their lives
- Be optimistic rather than be pessimistic
- Know your strengths and weaknesses.
- Have a sense of humour

These special beliefs, characteristics of resilient people help them to keep a proper perspective and to persist with coping efforts long after less resilient types become demoralized and give up. In order to become a more resilient person, it is necessary to work on cultivating these beliefs and attitudes for your own life.

## Developing Emotional Resilience

- Know your boundaries
- Cultivate self-awareness
- Seek helpful connections and support
- Practise acceptance
- Practise mindfulness
- Expect not to have all the answers immediately
- Allow yourself to be imperfect
- Allow others to be imperfect
- Practise self-care
- Consider your possibilities and goals, take realistic steps
- Keep things in perspective
- Practise optimism
- Trust yourself



Emotional resilience is not a gift, or something that is only granted to a chosen few. Rather, it is something we must battle to attain. This requires perseverance, a steely determination and a sense of humour to acquire the many skills necessary to achieve it.

We will never achieve emotional resilience unless we become kinder and more realistic about ourselves. We all mess up, we fail regularly, yet we are all special and unique wonderful individual human beings. We must accept ourselves as we are, without any conditions on the journey of life!