

## Bounce Back from Stress!

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### *Become More Resilient by Learning How to Handle Life's Demands*

No one is immune to adversity. We've all been through it. And, while it's not fun, **stressful situations can be manageable**. In fact, you can even thrive on them.

This is called **RESILIENCY** - the ability to adapt well in the face of trauma or stress and - bounce back!

Research shows that **resilient people are more positive, healthier**, and they tend to do the following:

- **Take a break when stress sets in.**
- **Accept others and themselves - flaws and all.**
- **Avoid reacting to situations impulsively or with anger.**
- **Set personal goals and plan time and effort to achieve them.**

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Of course, knowing what resiliency means is one thing. ***Being a resilient person*** is a whole different ball game. Negative experiences and poor communication often cloud our judgement when it comes to coping with life's demands.

But there is good news!

### **Resiliency can be learned!**

Here are some tips to help you ignite your inner-resiliency.

#### **1. Maintain good relationships.**

Your friends and family should serve as a foundation when life throws you a curve.

Seek out people who are supportive and respectful and take care to avoid those who are critical and controlling. Join a faith group for spiritual grounding and growth, or a self-help group for emotional support when times are tough.

#### **2. See crises as solvable problems.**

You cannot change that fact that negative events happen but you ***can change how you respond to them***. Put structure and control into your life by having short-term and long-term goals. Those goals will help you learn how to deal with negative feelings and avoid lapses of judgement when the going gets tough.

#### **3. Communicate!**

**Communicate effectively** by understanding both verbal and non-verbal cues. Also, be an **active listener** by conveying that you understand and validate the other person - even if you don't necessarily agree with what he or she is saying.

Not being able to communicate with others leads to anger, conflict and increased stress.

#### **4. Nurture a positive view of yourself.**

Take care of yourself. Get plenty of sleep a night. Eat three meals a day. Exercise. Cut out smoking. Have a close friend to share your ideas, hopes and dreams with. Laugh a lot. Feed your soul with activities that make your spirits soar whether it be painting, theatre, golf or reading.

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## 5. Learn from mistakes.

Mistakes are not failures!

**Resilient people look at mistakes as experiences and opportunities for learning and growth.** Even though they do not enjoy mistakes, they are not easily discouraged by them.

When things go wrong, don't fall to pieces. Learn how to **roll with the punches** by getting in touch with your inner-resiliency. All of us have it. Bring yours out and make it work for you!

*Article adapted from [Resilience](#) by John Starzynski.*

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