

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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