

# OPTIMAL

A newsletter for wellness and improved wellbeing

## About OPTIMAL

OPTIMAL is a monthly wellness newsletter developed and circulated by Sages & Scribes Consultants with the aim of informing, educating and improving the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

Our focus in this edition is building resilience. Life happens. But are you often overwhelmed by the things that come with it? And how do you bounce back? What is resilience and how can building resilience make the difference, improving personal performance and productivity at work and your life?

Optimize your wellbeing, improve your wellness, and enhance your lifestyle with OPTIMAL.



## building resilience

- The simple act of not giving up -

By Ven. Adelowo Adesina

I often wish that life could be all pleasurable with no ups and downs, no stressful situations or drama, and without our various daily challenges. However, we know life doesn't always go the way we want it.

Life is filled with vicissitudes. I hate to be a dispeller of bad news, but the truth is the truth - we all wish we had it different, don't we?

In this generation, the ability to remain joyful regardless of the storms of life and the ability to keep moving is truly priceless. As Angela Duckworth says, "Enthusiasm is common. Endurance is rare".

In today's fast paced and rapidly

changing world, characterized with volatilities, uncertainties, complexities and ambiguities (VUCA), many specialists agree that resilience is a most needed, crucial and essential life skill for survival, wholesome existence, wellness, wellbeing and adversity management.





***When faced with a tragedy, natural disaster, health concern, relationship or school problem, resilience shows how well a person can adapt to the events of their life.***

***Harold Cohen***



## Defining Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress, such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

[www.advising.unc.edu](http://www.advising.unc.edu)

Resilience: The ability to become strong, healthy, or successful again after something bad happens.

### Merriam-Webster Dictionary

- Resilience has also been described as:
- ▶ The ability to cope mentally and emotionally with crisis, or to return to pre-crises status quickly.
  - ▶ The psychological and behavioral capability to cope and remain calm during crisis or chaos, and quickly move from the incident without long term negative consequences.
  - ▶ The ability to thrive and flourish; to bounce back and overcome in the face of difficulties, obstacles, oppression, problems, challenges and adversity.
  - ▶ Position adaptation.

## Resilience Is A Learnable Skill

Resilience is basically the ability to bounce back after difficult life events. Like all life skills, resilience skill is learnable.

"Everyone can learn how to boost the ability to cope, thrive and flourish when the going gets tough," states the Centre for Confidence & Wellbeing (2006).

There is a considerable amount of evidence to suggest that resilience is not an innate human quality. We are not born with it, which means it can be learned. It takes discipline, which hinges on intentionality, determination, drive and diligence, to cultivate and nurture the skill of resilience.

It may sound like a lot, but very often we say "when the going gets tough, the tough get going". This is true. What seems impossible, becomes possible if we put our minds to it.

## Benefits Of Resilience

- Coping skills to identify and handle problems and challenges
- Develop realistic optimism
- Capacity to understand and cope with ambiguity
- Develop self-efficacy
- Gain flexibility, high energy, social, mental and emotional Intelligence and the ability to consistently perform well
- The ability to thrive in the face of adversity

## The 6 Domains of Resilience

### 1. Vision

Have a healthy sense of purpose. When you have clarity of vision, it gives one the opportunity to be decisive and to maintain a positive perspective when faced with challenging circumstances.

### 2. Tenacity

Persistence is important for success. The willingness to work hard and smart, and focused on your goal will eventually result in achieving what no one else has. Mistakes may be made, but the courage to objectively analyze our mistakes, learn from them and to move on is resilience.

### 3. Adaptability

The ability to remain calm, especially during conflict, and overcoming the urge for instinctive emotional responses most often means recognizing hidden opportunities and proffering solutions in novel ways. Being able to adapt to different situations regardless of the outcomes makes life somewhat easier.

### 4. Reasoning

Resilience enhances creative and innovative problem solving. It involves critical thinking during a crisis and taking proactive actions to prevent its reoccurrence in future.

### 5. Health

Living healthily means making the right decisions for your body such as eating right, having regular exercise and getting enough sleep. Healthy living enhances mental performance and in the long run, enables the achievement of larger personal goals.

### 6. Relationships

Constant interaction with people and developing confidence in the relationships built can produce a sense of mental balance. It is crucial to build a network of supporters because collaboration gives the opportunity to thrive; just as the perception of communal support gives peace of mind.




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***A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed.***

***Harold Cohen***

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## Building Resilience: The Criteria

- Relationships matter. By giving out love, you receive love in return, so seek to share love to others however you can.
- Create a relaxed environment, paying attention to the interior and exterior decorations of your safe spots. Look out for cool and warm colours, and ensure your environment is tidy.
- Join a workout crew and get some sweat; your physical health will thank you for that.
- Be happy, eat healthily, and get adequate sleep. Do whatever relaxes you; listen to music, see a movie, or watch funny skits. Laugh.
- Enjoy serenity. Take a walk and meditate intentionally on the good and positive.
- Read books that help your mind develop the right way. Stay away from people, places and events that raise your stress levels, are toxic or remind you of negatives.



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***Our greatest glory is  
not in never falling,  
but in rising  
every time we fall.***

***Confucius***

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## Resilience: The “Bounce Back” Therapy

The importance of resilience cannot be overemphasized; it helps us bounce back and puts us on the right track.

Resilience gives us the strength to cope with stressful situations while holding our heads high – no pretense; it is our power bank in times of adversity. It boosts our confidence levels and moves us to the best sides of life.

Resilience prods you to seek wholeness. It gives a sense of control, and gives us inner peace thereby bringing a greater satisfaction in life. It makes you feel wholesome.

Resilience gives your health a lift; it lowers the chances of developing indigestion, a weakened immune system, heart disease, heartburn, and high blood pressure. You feel better and are less likely to have anxiety, insomnia or depression.

Resilience boosts your creativity and innovative energies. It helps you think better, and keeps you focused on being a better version of yourself.

### In Other Words...

Resilience is a lifelong journey, and it doesn't matter when you start. Taking calculated steps to strengthen our resilience can improve the quality of our lives and contribute to personal, career and business success.

How to develop resilience? Develop realistic goals and take steps towards achieving them daily. And if you don't reach them, try a different strategy... whatever you do, don't give up!

Be purposeful about your life, keep seeking ways to become the best of yourself. Be intentional about renewing your mind.

Remember, building resilience is a personal journey involving behaviour, thoughts and actions. And anyone can do it.

You got this.



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