

How to Build Your Resilience During Challenging Times

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Resilience can help get us through and overcome hardships. Alas, it is not something we can say that we inherit though. Resilience is built over time with experiences we have within our own unique makeup. With resilience we balance the negative with the positive for opportunities to be better and to overcome challenges. So, it could look like this:

1. Look at your negative sides and what can you do differently.
 - a. Reduce sources of stress, meet basic needs.
 - b. Use library resources for activities.
 - c. Parents and caregivers get plenty of rest and take time for yourselves.
2. Look at the positive side.
 - a. Positive self-talk. Have an attitude of gratitude.
 - b. Maintain stable, positive, and committed relationships.
 - c. Children have supportive parents.
 - d. Check in by cell phone, video chats, email or write letters. This engages everyone during the times you are alone.

Strengthening and managing daily life can help everyone reduce temptation to be self-absorbed. Being able to reshuffle family expectations, say no, sometimes, tap into social support (mobile), to stay motivated. Another opportunity for resilience in coming through COVID is that we would all agree that COVID has turned our lives inside out and upside down. Many working from home remotely and children online, loss of jobs, and having our public/social facing time interrupted is challenging. What is most important is that the most effective people (i.e., leaders, parents, students) are those that are transparent in communication, and there is a level of trust. This will help with providing clarity about challenges in the day-to-day interaction in our lives. Our reality is that this globe, community, city, home will be different in tone and livelihood. So, take a minute to think about no matter where we come out of in the end of this, nothing will be the same as before, and that is okay. It is an opportunity to transform ourselves and to families staying our number one priority.