**Build Your Resilience in the Workplace**

The good news is that even if you're not a naturally resilient person, you can learn to develop a resilient mindset and attitude. To do so, incorporate the following into your daily life:

* Get enough [**sleep**](https://www.mindtools.com/pages/article/newTCS_94.htm)  and exercise, and learn to manage stress. When you take care of your mind and body, you're better able to cope effectively with challenges in your life.
* Practice [**thought awareness**](https://www.mindtools.com/pages/article/newTCS_06.htm) . Resilient people don't let negative thoughts derail their efforts. Instead, they consistently practice positive thinking. Also, "listen" to how you talk to yourself when something goes wrong – if you find yourself making statements that are [**permanent, pervasive or personalized**](https://www.mindtools.com/pages/article/resilience.htm#seligman), correct these thoughts in your mind.
* Practice [**Cognitive Restructuring**](https://www.mindtools.com/pages/article/newTCS_81.htm)  to change the way that you think about negative situations and bad events.
* Learn from your mistakes and failures. Every mistake has the power to teach you something important; so don't stop searching until you've found the lesson in every situation. Also, make sure that you understand the idea of "[**post-traumatic growth**](http://www.psychiatrictimes.com/ptsd/content/article/10168/54661)" – there can be real truth in the saying that "if it doesn't kill you, it makes you stronger."
* Choose your response. Remember, we all experience bad days and we all go through our share of crises. But we have a choice in how we respond; we can choose to react negatively or in a panic, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you.
* Maintain perspective. Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion.
* If you don't already, learn to set [**SMART, effective personal goals**](https://www.mindtools.com/page6.html)  – it's incredibly important to set and achieve goals that match your [**values**](https://www.mindtools.com/pages/article/newTED_85.htm) , and to learn from your experiences.
* Build your **[self confidence](https://www.mindtools.com/selfconf.html)** . Remember, resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses that they might be facing. This belief in themselves also enables them to take risks: when you develop confidence and a strong sense of self, you have the strength to keep moving forward, and to take the risks you need to get ahead.
* Develop [**strong relationships**](https://www.mindtools.com/pages/article/good-relationships.htm)  with your colleagues. People who have strong connections at work are more resistant to stress, and they're happier in their role. This also goes for your personal life: the more real friendships you develop, the more resilient you're going to be, because you have a strong support network to fall back on. (Remember that treating people with compassion and [**empathy**](https://www.mindtools.com/pages/article/EmpathyatWork.htm)  is very important here.)
* Focus on being flexible. Resilient people understand that things change, and that carefully-made plans may, occasionally, need to be amended or scrapped.