



Kathryn Grooms & Associates
PSYCHOTHERAPY
Therapy to Support Growth and Empower Change



A GUIDE FOR
CULTIVATING RESILIENCE

Exploring the characteristics of resiliency building with strategies to help overcome new or challenging situations

OVERVIEW

Cultivating resilience

The following are strategies to build resilience. These can be implemented to overcome difficulties by identifying and building one's individual and environmental strengths.

These strategies can be used to navigate difficult situations by identifying, celebrating, reinforcing and nurturing the growth of the positive human traits we all possess. This is the most important practice we can develop to help ourselves and others be more resilient.



HELPFUL TIPS



01

Communicate "The Resiliency Attitude"

Communicate the Attitude, "You have what it takes to get through this!" In words and deeds.

The challenge is both to be aware of the problems and to draw upon our strengths to help solve the problem. In addition **we need to *sincerely* communicate the belief that the current problems can be successfully overcome.**



HELPFUL TIPS

02

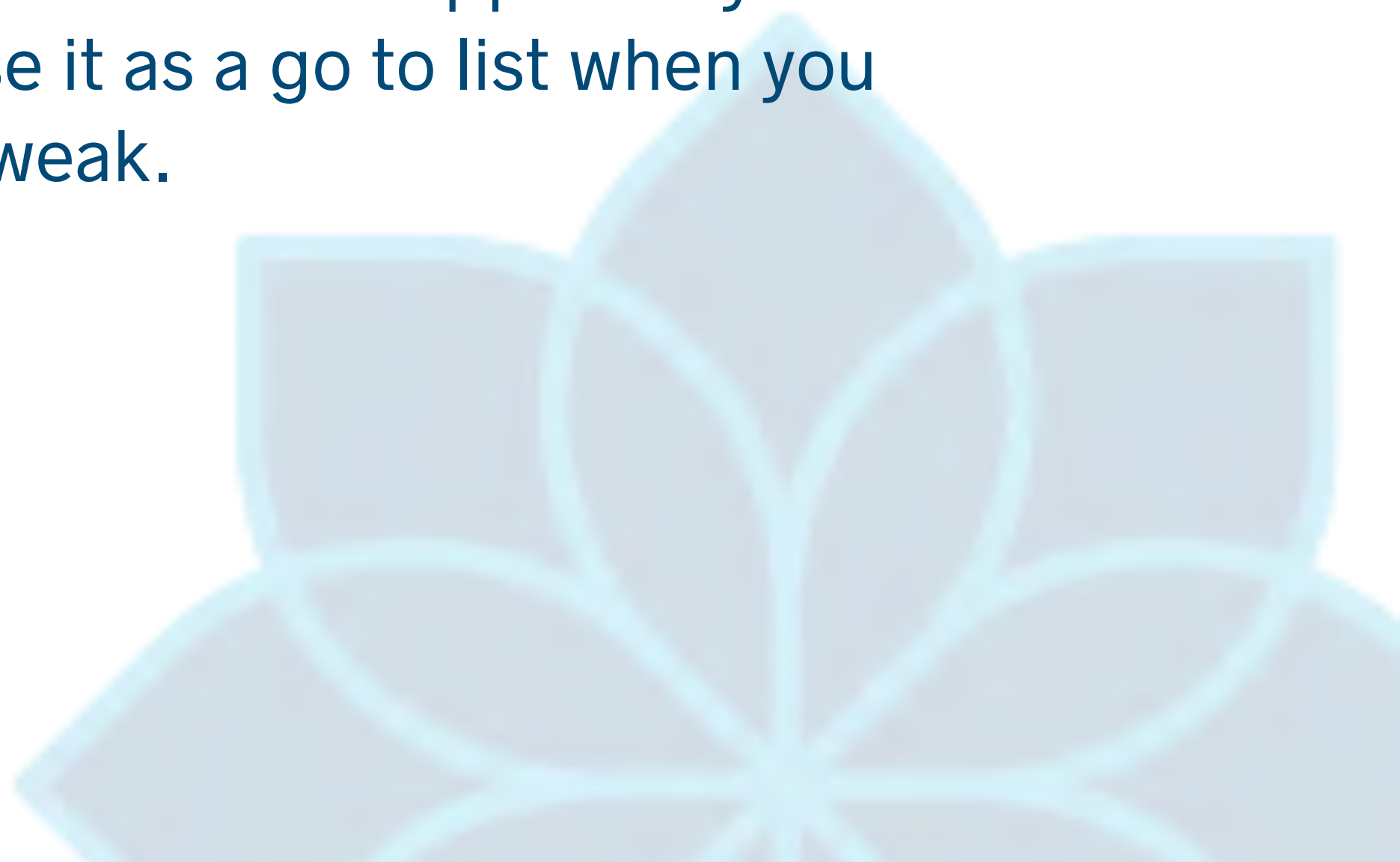
Adopt a “Strengths Perspective”

Focus on your strengths, rather than your weaknesses.

Identify a challenge or problem that you have recently overcome in your life. Next, ask yourself, "When I look back at the picture of myself in this situation, what quality or self-belief do I have that was helpful?"

Ask yourself, "How can I use these same strengths in successfully dealing with current problem in my life? Can I imagine myself using this quality or self-belief to navigate this current challenge?"

Take a moment and make a cheat sheet of all of your strengths and positive beliefs that have supported you in navigating difficult times. Use it as a go to list when you feel self-doubt, insecure or weak.



HELPFUL TIPS

03

Create a Resilient Environment

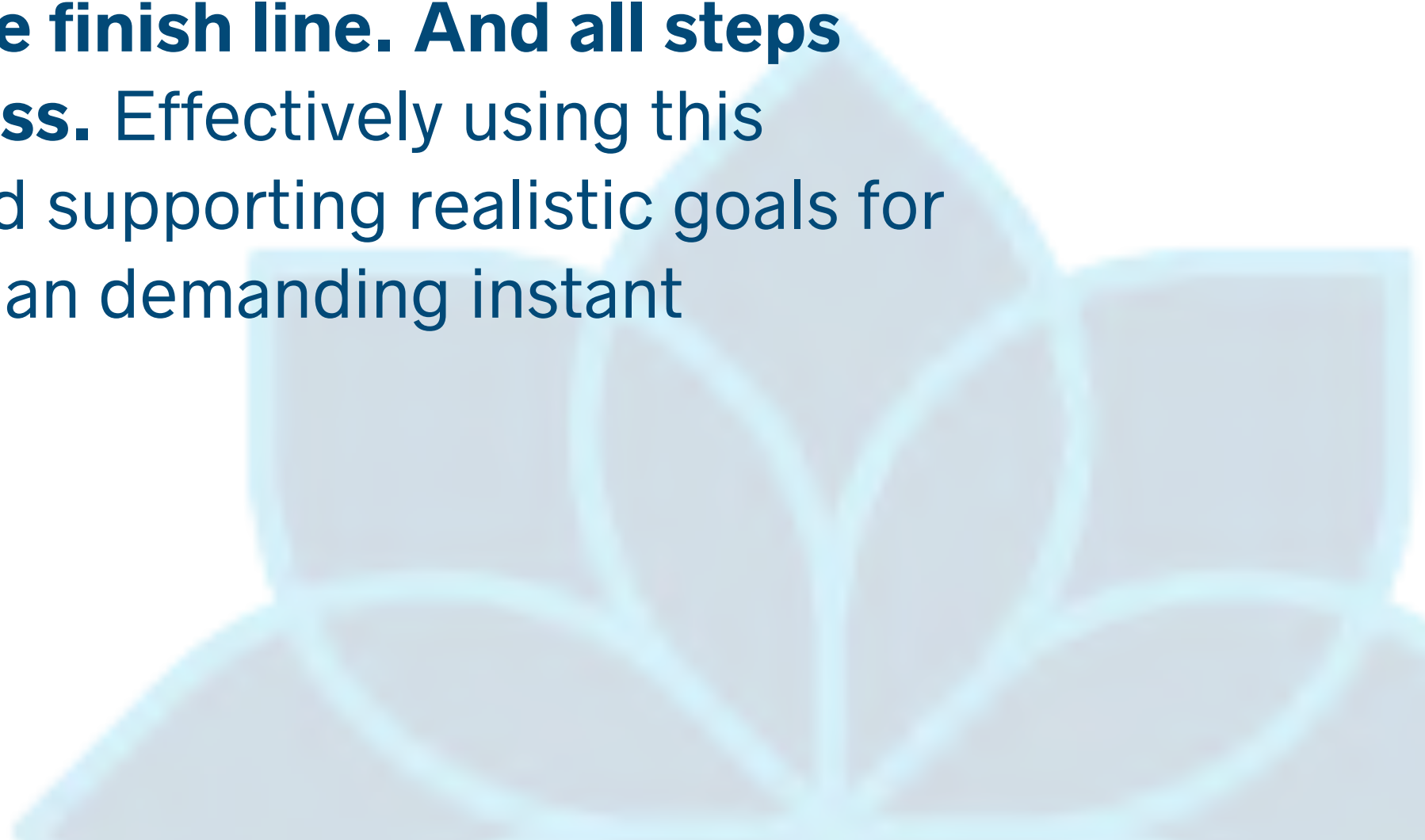
Our internal and external environments impact how we view ourselves. Consequently, it's important to develop environments that foster our sense of resilience and provide feedback that builds resilience.

1. Provide Care and Support

We feel good about ourselves when we act kind or caring towards others. Ask yourself, “How can I best show compassion to myself and/or the person I am trying to help?” Providing oneself and others with positive regard, love and encouragement is a powerful external resiliency-builder.

2. Celebrate *all* Successes

All steps, no matter how small, towards our desired destination get us closer to the finish line. And all steps deserve recognition as progress. Effectively using this strategy involves identifying and supporting realistic goals for each step to be taken, rather than demanding instant perfection.



HELPFUL TIPS



03 continued

Create a Resilient Environment

4. Increase Positive Bonds and Connections

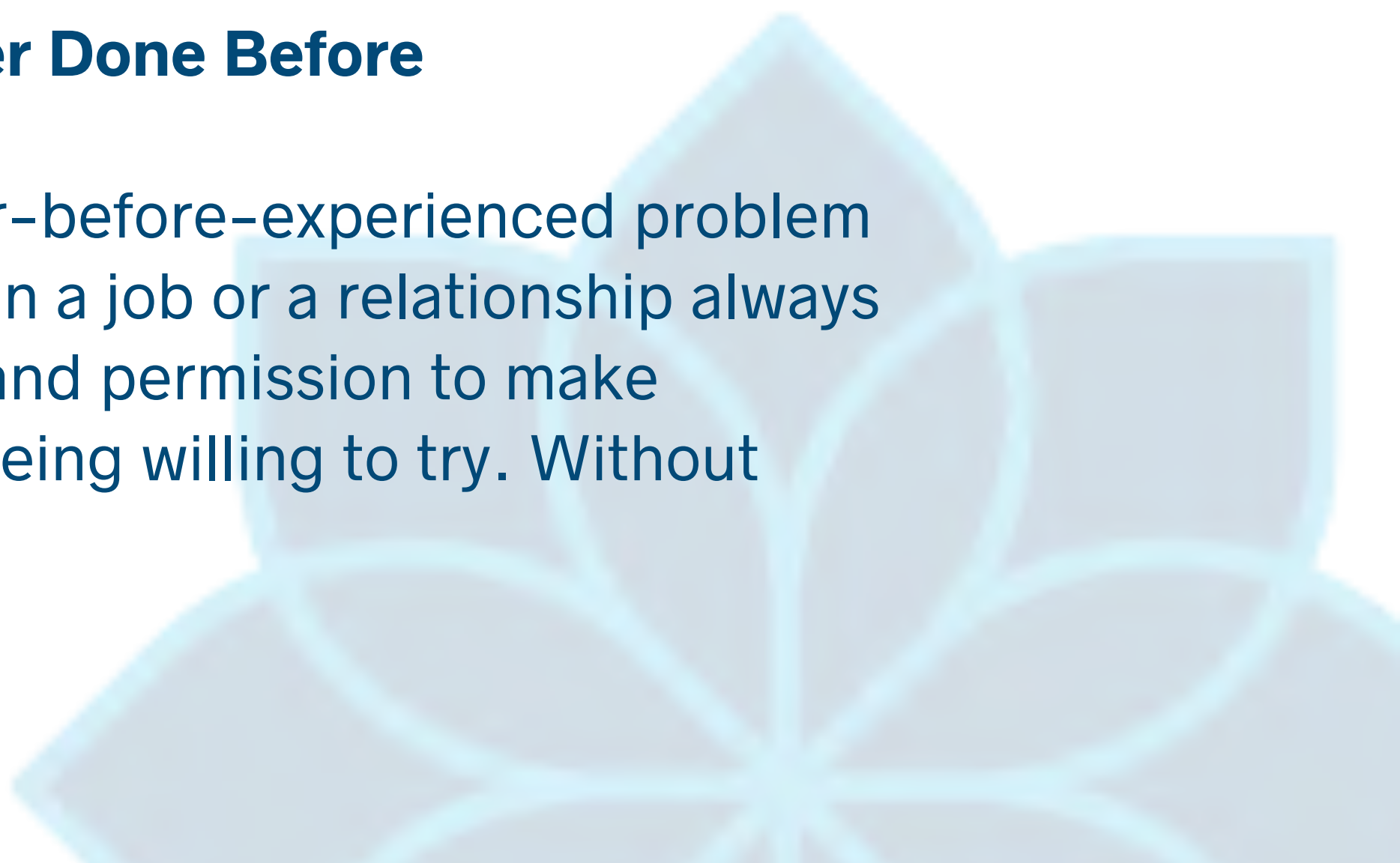
We are wired to connect. Some of us need more than others. The amount doesn't matter. It's quality not quantity. Find a person or a few and develop a regular routine of contact or find an activity that you enjoy and try to do it regularly.

5. Set and Maintain Clear Boundaries

Define for yourself what's ok and what's no ok and then make a commitment to uphold those boundaries as much as possible, even when someone else wants you to change them. When we honor our boundaries and hold ourselves accountable to them, we create a sense of inner security. Anything that increases the feeling of inner security makes it easier to bounce back and be more resilient.

6. Remember that New = Never Done Before

A new life circumstance, a never-before-experienced problem (such as a pandemic), a change in a job or a relationship always requires courage, compassion, and permission to make mistakes. Applaud yourself for being willing to try. Without trying, we can't succeed.



HELPFUL TIPS

04

Help yourself or others become more resilient by reflecting on these questions:

1. When faced with a crisis or major life difficulty, how did I get myself through it?
2. What can I acknowledge about myself today that is positive? (remember all steps count)
3. How did I express my care or appreciation to someone other than myself today?





About the Author

Sophia Armington is a Licensed Social Worker who specializes in mindfulness techniques for individuals with trauma-based anxiety and depression. Sophia utilizes an integrative approach tailored to her clients' individual needs. And, utilizing her training in Acceptance and Commitment Therapy, Interpersonal Therapy, and Mindfulness Based Cognitive Behavioral Therapy, Sophia works with clients to develop strengths and develop greater awareness about what is preventing clients from achieving their goals. Drawing from her experience as a yoga instructor, she specializes in mindfulness techniques for individuals with trauma-based anxiety and depression.


If you need help healing, reach out.

If you decide that Kathryn Grooms & Associates isn't the right fit for you, we're happy to help you find who is.



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Call or visit our website for more info

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Kathryn Grooms & Associates
PSYCHOTHERAPY
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At Kathryn Grooms & Associates Psychotherapy, we believe everyone has the capacity to grow, change, and heal. Our team of professional therapists are trauma-informed, which means they are specially trained to approach every therapy session holistically, with a deep understanding of the emotional, biological, social, and psychological effects of trauma.

You are the author of your life, but often there are obstacles to telling your story in a way that is authentic. Our work is focused on helping you identify and remove these barriers to help you own your story.

Each of our highly trained and credentialed therapists brings their own personal style, professional expertise, clinical interests, and specialties to the practice. This means we can adapt our approach as needed to meet you where you are and provide the highest quality of therapy services to meet your unique needs. There is no one size fits all approach when it comes to psychotherapy or therapy services. We offer a personalized approach with every client and each of our therapists is dedicated to providing a safe and comfortable environment where you'll receive personalized care from skilled therapists so you can begin your path toward healing.

Call or visit our website for more info

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