

10 Point Plan

Point 6: Dealing with Issues and Building Resilience



Life is full of never-ending issues, and they come in many disguises. They come in the form of tasks, risks, problems, opportunities, challenges and whatever doesn't kill us makes us stronger. Most issues are lightweight, and are generally small stuff that you just need to get done and putting it off doesn't really help but they can be delayed to another time. Other issues are middleweight which are generally more pressing that need to be resolved with a sense of urgency. Finally, there are the heavyweight problems which are the big, daunting things that can colour your field of vision for days and months to come. The complication comes when they come in different sizes and appear in so many different ways, whether smacking you in the face, riding on your back, dragging you down with every step you take or sucking the energy from you. Resilience is the psychological strength to deal with stress, setbacks, crises and an array of hardships that will naturally confront is all in life. When life situations get out of kilter, resilience is one of the qualities and special skills that we all need to get is through those difficult times. It is adaptive mode of thinking which has been to be developed gradually, alongside techniques for improving one's initial response to something bad or unwanted. There are four types of resilience ranging from physical, mental, emotional to social, and it isn't a personality trait; it's something that we can all take steps to achieve. Resilience is never about falling down; it's about getting back up again at the right pace. It is about nurturing a growth mind-set, knowing we can change and so can other people, often with a pre-built problem-solving toolbox. Have a look at a few suggestions listed below:

6.1 BATTLEFIELD – It may seem sometimes that you are on a battlefield dealing with issues with no light at the end of the tunnel. Let me tell you that a life without issues would be very boring and eventually frustrating. You just need a strategy to get through it. Lightweight issues are best controlled by daily to-do-lists and this will normally get rid of these. You need to stop procrastinating, make decisions and get you act together to start throwing off the middleweight issues. Setting habits and routines will allow you to chip away and solve the heavyweight issues, but remember it will take time to deal with some of the larger ones. You may think that you are in a perpetual state of solving issues and hope that the end-state will be a life without issues, but that is impossible to achieve. The aim is developing a method of

dealing with issues so that the issues are not weighing you down but strengthening you and building you up. You learn to become better at problem solving, decision-making, dealing with change, start making your own issues that are meaningful, challenging and stimulating, so they become value add to your life and add purpose to your life. Taking on issues that you care about and can make a real difference to you and others. Freedom is a life full of problems

6.2 BOUNCING – It is well understood that bouncing back after difficult times is hard. Try to keep to a routine to keep on top of things whilst you are at home, and find out the strategies that either helped you in the past or try new strategies so you can remain well and relaxed. If you can, be of service to others and volunteer.

6.3 BASICS – Don't forget to look after the one around you. Children can feel especially worried, so it is important to talk to them. Listen first, then fill in the correct information to help calm any worries, reduce the likelihood of them catching it and providing practical mitigations to help minimise any risk areas. An ounce of prevention is worth a pound of cure. Always come back to the present. If you find yourself caught up in too many thoughts of the past or the future, return to the present, which is the only reality. Be in the moment with one of your senses: sight, smell, sound or taste.

6.4 BLUEPRINTS – The seven integral and interrelated components or blueprints that make up resilience are competence, confidence, connection, character, contribution, coping and control. The ways to build up resilience are through self-care such as getting enough sleep and exercise to help learn to manage stress, practice thought awareness or mindfulness, and practice cognitive restructuring to change the way you think about negative situations and bad events. This allows you to be self-aware and proactive, learn from your mistakes and failures, maintain positive relationships and avoid negative outlets, choose the most appropriate response and maintain purpose and perspective at all times to allow you to move towards your goals.

6.5 BABY – Children are capable of extraordinary things and the potential for happiness and greatness lies in all of them, but it doesn't occur overnight but via taking baby steps every day. Building small human beings into health and thriving ones isn't about clearing adversity out of their way, are scooping them up and lifting them over the things that would cause them to stop or stumble, doesn't help them in the long run. A little bit of stress is life-giving and helps people develop the skills they need to flourish in the future, by developing strategies to deal with adversity. Resilience needs relationships, not uncompressing independence, increasing their exposure to people who care about them, and let them know that it's okay to ask for help. We need children to build feelings of competence and a sense of mastery, nurture optimism, teaching them how to reframe and allow them to face fear but with support. People need to encourage children to take safe and considered risks. Sometimes you need to rush in and help but other times you don't want to rush to the rescue, but let them know that you trust their capacity to cope.

6.6 BREAKDOWN – Too much stress can cause both a physical and mental breakdown. It is normal to feel sad, stressed, confused, angry, scared and frightened during a crisis. Your sleep, eating and work patterns can all be affected, and it is too easy to reach for those habits that aren't so good for us. There is no ideal solution because everyone reacts differently and

has different limits, support networks, communities and personal factors. If you think you are sick, having negative thoughts or affected by COVID-19 contact someone who can help get you treatment, counselling, therapy or provide other support services. Reduce your feeling of helplessness by asking for help. You need to take care of your mind. You may easily feel isolated or lonely and this can easily escalate any conditions you may have. Don't suffer alone and don't be afraid to reach out to others. Connect and talk with others, your community or other faith-based organisations. Make a contact chart and then call people

6.7 BREAKS - Take breaks from watching, reading or listening to the news, internet and especially social media. Limit electronic screen time and media exposure thereby setting boundaries to prevent feeling overwhelmed by the situation. Don't forget to chill. Make time to unwind and do some other activities you enjoy. Read, listen to music or just go for a walk or run if you, in order to change your environment. It is important to not let fear control your life. Unplug and anchor yourself.

6.8 BODY - You need to take care of your body. Take deep breathes, stretch, relaxing exercises or meditate. Do a Joe Wicks video based on your abilities. Get the body pumping around your body and take your mind away from the crisis. Increase health habits. Be mindful. Any stress can affect the immune system and make people more likely to catch coronavirus. You can practice mindfulness by sitting quietly and focusing on your breathing and senses. Be patient with yourself in order to reap many benefits.

6.9 BUILD – People need to build mechanisms to deal with issues. Financial crisis start with acknowledgement and accepting the situation, then beginning the recovery process by setting priorities, consolidating debt, selling assets and asking for help. Health crisis should be addressed by considering a lifestyle change, getting more exercise, watching what you eat, losing some weight perhaps and seeking quality medical advice. Relationship crisis need you to face reality and beginning to take steps to address them with open communication, counsellors or lawyers if the relationship ends. Workplace crises and dealing with toxic people are best dealt with by showing kindness, understanding and avoiding confrontation. Career pressure is advanced by looking at your personal or attitudinal problems you may be having and looking at a self-improvement programme or looking for a new position elsewhere. Unfair treatment needs to be accompanied by several undeniable instances and hard evidence, so you have to wait for the right opportunity to do that. Once you have made your grievance public, remain polite and if it doesn't get any better then leave. Emptiness and boredom need you to break out of your existing routines and create new experiences, find things that reflect your true passions, whilst remembering that the things that give us the need to drive in life are not our day jobs. If you are confused, don't allow the situation to deteriorate into something more serious, so try and snap out of it and seek appropriate help if required. Friendship problems can be very difficult to deal with, so don't be an open book to everything and keep some information to yourself. If friends don't have your best interest at heart or are working against you, confront them with the truth and then get rid of toxic people around you completely. Haunting pasts can be difficult. Be true to yourself and forgive yourself, own up to it, take responsibility and move on. If you have safety or security problems, watch where you go and if the situation persists, then move to a more secure location. Failure can bring disappointment, but it is also part of life, so use it to get inspired. No one loves to

grief but we can't shield ourselves from it, so take your time to express your emotions, do something that helps you to realise any unfulfilled dreams or honour a loved one who has passed. Problems and issues are what makes life worth living as they help us adapt and become tougher. There are always solutions or manageable approaches, so never allow your challenges stop you from fulfilling your true potentials in life.

6.10 BEGIN - We have a wonderful opportunity to begin something new and exciting whilst immersing ourselves in a creative outlet that we may have been putting off for a long time or never got around to.

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