

10 Traits - Resiliency

This is from an article in Psychiatry News, by David Milne, January 19th, 2008. These ten traits, identified by Dr. Charney and Dr. Southwick, predicted resiliency after major life stresses:

1. Be optimistic.
2. Develop cognitive flexibility (e.g. What can this situation teach me?)
3. Develop a personal moral compass or shatterproof set of beliefs.
4. Be altruistic.
5. Find a resilient role model in a mentor or heroic figure.
6. Learn to be adept at facing your fears.
7. Develop active coping skills.(This includes seeking support from others.)
8. Establish and nurture a supportive social network.
9. Keep fit.(This is good for physical well-being as well as brain health and plasticity.)
10. Have a sense of humor and laugh frequently.

You should train regularly in these areas!