

# Characteristics of a resilient person

Resilience is a critical trait that enables individuals to bounce back from adversity, adapt to challenging situations, and maintain their overall well-being. Consider how you might strengthen your resilience after checking out these characteristics.



## Social awareness:

Resilient people are keenly aware of how their actions and emotions influence those around them. They can empathise and are open to diverse viewpoints.



## Maintaining perspective:

Resilience involves the ability to maintain a balanced perspective, even in the face of adversity. Resilient people avoid catastrophizing or overly negative thinking and put problems in perspective.



## A strong social network:

Resilient people build and put energy into maintaining robust social support and nurturing positive relationships. These connections provide emotional support and a sense of belonging, helping them navigate tough times.



## Optimism:

Believing that challenges are temporary and can be overcome is a hallmark trait of a resilient person. They view setbacks as opportunities for growth and maintain hope even in challenging circumstances.



## Effective planning and focus:

Resilience involves the ability to set goals and stay focused on them. Resilient individuals are skilled at problem-solving and making plans to overcome obstacles. This trait allows them to take constructive action when faced with adversity.



## Internal locus of control:

Resilient individuals believe they have control over their actions and outcomes and take responsibility for their choices. This sense of control fosters self-efficacy and resilience.



## Sense of humour:

Resilient individuals can find humour even in difficult situations, which helps reduce stress. Laughter can enhance mental and emotional well-being and improve the ability to cope with stressors.

Resilience can be cultivated and strengthened over time. Developing these traits can enhance your ability to provide compassionate care to patients and better navigate the challenges of a medical career.



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