

Mental Health 2019: A Bumpy Road to Resilience: How far can you make it?

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In this world of high performance, setbacks are inevitable. The defining factor is how quickly one bounces back and views setbacks as an opportunity for growth. According to Olympians and business leaders sustaining elite level performance and well-being requires one to be optimistic, resilient, have high self-efficacy and confidence. Every individual has a way of coping with setbacks which they have learned through experience and the reinforcements received for this, helps them form a coping style. Fletcher and Sarkar recently defined psychological resilience as “the role of mental processes and behavior in promoting personal assets and protecting an individual from the potential negative effect of stressors” (2012, p. 675; 2013, p. 16). Research has shown that resilience can be shaped over the course of an individual’s life. Fixed aspects of resilience relate to an individual’s personality trait whereas changeable aspects would be the one caused due to interactions with the environment (Sarkar & Fletcher, 2017). Resilience training in employees has shown a positive effect on subjective well-being and performance outcomes such as decrease in symptoms of depression, stress, anxiety, negative affect. It increases emotional well-being, goal achievement, productivity, quality of life and reaching behavioural benchmarks like emotional control, communication, improved tactics. Based on the neuroscientific research on resilience, it is found that to cope with stressors, resilient individuals not only have moderating effects of absence of key molecular abnormalities which impair their coping ability, but also by the presence of novel molecular adaptations which occur uniquely in them (Russo, Murrough, Han, Charney, Nestler, 2012).

This presentation aims to educate scholars on resilience in the field of performance psychology and

strategies to use to improve resilience in athletes, organisations and other high performance domains. This would assist clinicians and others in audience with practical knowledge on how to recover from an injury, setback or adversity and facilitate rehabilitation. It aims to provide individuals with necessary knowledge and to equip them with techniques to become resilient even before facing a stressor, i.e. to be better prepared as we believe in the saying “precaution is better than cure.”

Life may not accompany a guide, however everybody will encounter exciting bends in the road, from ordinary difficulties to horrendous mishaps with all the more enduring effect, similar to the passing of a friend or family member, a life-changing mishap or a genuine disease. Each change influences individuals in an unexpected way, bringing a one-of-a-kind surge of contemplations, forceful feelings and vulnerability. However individuals by and large adjust well after some time to groundbreaking circumstances and upsetting circumstances — partially because of strength.

Clinicians characterize flexibility as the way toward adjusting great notwithstanding misfortune, injury, disaster, dangers or noteworthy wellsprings of stress —, for example, family and relationship issues, genuine medical issues, or work environment and money-related stressors. As much as versatility includes “ricocheting back” from these troublesome encounters, it can likewise include significant self-awareness.

While these unfriendly occasions, much like unpleasant stream waters, are surely excruciating and troublesome, they don’t need to decide an amazing result. There are numerous parts of your life you can control, change and develop with. That is the job of flexibility. Turning out to be stronger not just causes

you get past troublesome conditions, it likewise enables you to develop and even improve your life en route.

Being strong doesn't imply that an individual won't experience trouble or misery. Individuals who have endured significant misfortune or injury in their lives ordinarily experience enthusiastic agony and stress. Indeed, the way to versatility is probably going to include extensive passionate pain.

While certain components may make a few people stronger than others, flexibility isn't really a character quality that solitary a few people have. Despite what might be expected, strength includes practices, musings and activities that anybody can learn and create. The capacity to learn versatility is one explanation examine has demonstrated that strength is common, not uncommon. One model is the reaction of numerous Americans to the Sept. 11, 2001 psychological militant assaults and people's endeavors to remake their lives after disaster.

Like structure a muscle, expanding your flexibility requires significant investment and purposefulness. Concentrating on four center parts — association, wellbeing, solid reasoning and importance — can

enable you to withstand and gain from troublesome and horrendous encounters. To build your ability for flexibility to climate — and develop from — the challenges, utilize these systems. Organize connections. Associating with compassionate and understanding individuals can advise you that you're not the only one amidst troubles. Concentrate on finding reliable and sympathetic people who approve your sentiments, which will bolster the expertise of flexibility.

The agony of horrendous mishaps can lead a few people to separate themselves, however it's critical to acknowledge help and backing from the individuals who care about you. Regardless of whether you go on a week by week night out on the town with your life partner or plan a lunch out with a companion, attempt to organize really associating with individuals who care about you.

Join a gathering. Alongside one-on-one connections, a few people find that being dynamic in city gatherings, religious networks, or other nearby associations offers social help and can assist you with recovering expectation. Research bunches in your general vicinity that could offer you support and a feeling of direction or bliss when you need it.