
Eight Mindfulness Tactics To Build Resiliency

Anyone who has lived through the last two years of the pandemic has been practicing resilience: The world we were used to living in was turned upside down, and, mostly, we managed. It's worth starting off by giving yourself credit for having more resilience than you probably imagined you could muster. We are all capable of much more than we might think; part of the reason for this is the stories that we tell ourselves about who we are, and what we can and can't do.

Developing a mindfulness practice is one way we can change our perspectives on these stories. Through meditation and mindfulness, we give ourselves space to be curious about what it is that we are experiencing, and also the space to be able to respond rather than simply react. We can also be clear about which factors of a situation we can control and which we can't, which leads to a stronger sense of equanimity. When the going gets tough, mindfulness is a powerful tool to have at our disposal.

Research shows that resilience is a trait that can be cultivated, at any stage in our lives, and no matter how difficult the circumstances we find ourselves confronted with. Most of us have to deal with challenging, painful or traumatic situations over the course of our lives, and we can all develop the ability to respond in more successful and resilient ways.

Here are some of the different qualities that you can practice, which have been shown to support resilience:

1. **Trait mindfulness.** In other words, this is moment-to-moment awareness of bodily activities, feelings, emotions, or sensations. This helps you to be clear about exactly what is happening — no more, no less.
2. **Positive affect.** This is not about taking a “Pollyanna” view that everything is rosy but understanding that a situation is rarely as black and white as your mind often wants to paint it, and that even in times of stress or overwhelm, you can find things that you enjoy and take pleasure in, which help bolster your well-being.
3. **Cognitive reappraisal.** Our minds love to offer up snap judgments on every situation, and many of us have tendencies to see things in the worst possible light. This is a good evolutionary strategy to keep you safe and alive. But take the time and space to ask yourself if it really is as bad as your anxious mind is telling you.
4. **Humor.** Your body loves to laugh and enjoy itself, and this helps you feel buoyant. Humor also connects you with others.
5. **Physical exercise.** Even just going for a walk, or any way you enjoy moving your body, has positive effects on psychological well-being as well as mood, clinical depression, and self-esteem.
6. **Altruism.** When you turn your focus away from self-concern and toward helping others, this has proven beneficial effects not just for you but for others, too.

7. **Social support.** Humans are social animals, and we flourish with connection. Making a point to seek social support will help you in the face of adversity, as in the old saying, “a problem shared is a problem halved.”
8. **Moral compass.** An internal belief system of purpose, guiding values, and ethics is another way that, by not feeling like you are having to struggle with everything on your own, you can feel more resilient.

Research shows that [“broadening and building” positive emotions](#) can help cultivate psychological resilience, even when confronted with [the most traumatic situations](#). For example, [military veterans](#) can boost resilience through emotional stability, altruism, and a sense of purpose.

At Core by Hyperice, our goal is to improve and support your mental health, because we know that wherever you go and whatever you’re doing, you take your head with you. So when you invest the time to tend to your mental wellness, everything else comes more easily, and you can ride out whatever life throws at you.

Core by Hyperice is supporting the APTA's Fit for Practice Initiative by providing ongoing programming tailored to the needs of health care providers, and offering participants three months of free membership to Core Premium during the campaign. [Sign up now](#).