

Confidence can be described as believing in one's abilities and beliefs.

Have you ever noticed that some people around you exude confidence in everything they do and wondered, how do they do that? While most of us do not share that same powerful trait, we do know that being confident in ourselves can increase our overall resilience and well-being.

As you work to build strong self-belief and confidence, you start defining your values and beliefs and begin living them in all that you do. That deep self-belief becomes resilience. This resilience will not stop fear, disappointment or hurt when things do not go as planned. That is part of the wonderful emotional spectrum of human nature.

What confidence and resilience do together is keep you feeling hopeful.
Simply put, confidence is one of the most important traits for success.

CONFIDENCE-BUILDING TIPS

- Use positive self-talk. Talk to yourself kindly.
- Strive for progress, not perfection.
- Take care of your physical and mental health.
- Connect with others who support you.
- Keep problems in perspective.
- Focus on your strengths.
- Maintain hope. There will be more opportunities.
- Be resilient in your beliefs. Believe in yourself.

BENEFITS

- You are more likely to take care of yourself
- You are more active and get out more
- You choose healthier food
- You have a more positive outlook leading to increased emotional and mental well-being

ADAPTABILITY EXPANDS YOUR CAPACITY TO HANDLE CHANGE

The world we live in is ever changing from day to day. Often the changes are welcome, but we know that is not always the case. What have we always heard? Change is inevitable, change is hard. Yes, it is.

Being adaptable, flexible, and resilient requires a willingness to learn new methods, procedures, or techniques to take on new life tasks with energy while keeping an open mind and positive approach to change. Things may not always work out as you'd hope, so you need to bounce back from the setbacks and learn from the experience in order to do things differently the next time. Being adaptable can help, even when it feels uncomfortable.

BENEFITS

- Makes a difference in the quality of your personal and professional life
- Allows us to control our emotions and have the ability to think positively in uncertain situations
- Increases our ability to come up with reasonable solutions and move forward
- Increases our willingness to learn, listen to other viewpoints and try new things
- Allows us to be fully present in the moment, without judgment or avoidance, which can help heal from stress and burnout