

RESILIENCE



Resilience is the ability of individuals to meet, react and come out stronger after strong experiences, traumatic.

Especially us who have lupus are exposed to adverse constants, barriers and lack of understanding of our condition, so it is necessary to interpret reality as a learning experience, because reality is one and we can not change, but we can adapt to it seeking and evaluating opportunities to the most minute things like breathing, some of you have that disadvantage, but with thousands of possibilities.

Being sick makes us more alert, usually much time in bed, and by God we learn from a distance, to occupy the pain as meditation, understand how to cope and create instances of company with others we do not expose an outbreak, choose good friends, I'm sure many of them are marginalized because we can not, do some exercise, nightlife and so on.

Invítemelos to our house, take control of things, be creative to take their time to help others with their company, word, or bartering of stuff, for example: I'm writing your letter and your purchase order me to the supermarket, domestic affairs that we play against, maintain order and cleanliness, and demand respect for these matters, your friends will going to see them, if you compensate with good health and so on.

Be smart; to negotiate their situation, this condition gives us to see life from the perfective of fragility, in search of the fortress, we are vulnerable, but are not compromised, many abused you because they know they need them, in you is valued and turn the situation they owe us need us!

This ability to overcome not manifest the same way in each individual, since many find it hard to change focus and start looking forward.

Resilience is the desire to succeed and will depend on personal characteristics and the environment, so, after the moment of emotional impact, return to our normal life, taking the events as learning. Is to discover our resources and give new meaning to our lives.

A resilient people is:

- Optimistic and energetic.
- Have confidence.
- Take the initiative.
- Strengthens relationships.
- Have a positive emotions.

Victor Frankl (Austrian neurologist and psychiatrist) said:
"The man who gets up, is stronger than it has ever fallen."

**Factors external to the social level; defined with statements such as:
I have:**

- People I trust and love me unconditionally
- People who set limits me to learn to avoid hazards or problems
- People who want to learn how to cope alone.

Internal factors uniquely personal level, defined with statements such as:

I am:

- A person for whom others feel appreciation or love
- Happy when I do something for others
- Respectful of myself and of others

I am:

- Willing to take responsibility for my actions
- sure everything will be fine

I can:

- Talk about things that scare me or disturb me
- Find ways to solve problems
- Control when I have wanted to do something dangerous
- Find someone to help me when I need

Features Developed by Resilient People:

- They have good self-esteem
- Know your strengths and weaknesses
- Take mistakes as lessons
- They have good relations affective / emotional
- They know to ask for help
- Think before acting
- Have a strong commitment to their interests.

- They feel they are in control of life
- Perceived changes in life as a challenge
- Participate in activities that promote creativity and individuality
- Have a strong network of support and close friendships

Resilient Minds:

- Feeling that we control our lives
- Know how to strengthen resistance to stress
- Have empathy with others
- Develop effective communication and interpersonal skills
- Have solid skills to solve problems and make decisions
- Set realistic goals and expectations
- Learn from both success and failure
- feel special and not self-centered as we help others feel the same

Ways to Build Resilience:

- Establish
- Avoid seeing crises as insurmountable problems
- Accept that change is part of life
- • Move toward your goals
- Carrying out critical actions
- Seek opportunities for self-discovery
- Cultivate a positive view of him
- Never lose hope
- Taking care of yourself (a)

Resilient Leadership:

A leader who is considered Resilient should not present negative feelings about the adverse characteristics of its past.

"Leaders" resilience ", choose the reference discursive minimize their traumatic experiences and painful. Although censored past injustices and strive to banish them, they shield their word and political action to all forms of hatred, self-victimization and customization of their enemies.

The resilient make efforts not to abuse his powers of persuasion and inducing feelings of revenge on the masses who listen. Finally, do not make the instrument of revenge victory. Mandela is an example. In the next article "Assertiveness".

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REFERENCE OF THIS TEXT

📖 *Resilience*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra (http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html), Concepción, Chile, March 2012.

SOURCES

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