



As an aviator you may be going through a really challenging time currently. However, your resilience, learned from many hours of preparation and training, may just be the trigger that pulls you through the turmoil you might be experiencing at a time like this.

Resilience is your unique ability to adapt well to change and bounce back from the hardships of life. With the COVID-19 pandemic impacting every aspect of your life, you may be experiencing a flood of thoughts and/or emotions such as fear, anxiety, sadness and uncertainty. Resilience is your capacity to recover and thrive in spite of adversity and it is being tested now more than ever.








What Resilience is not

- **Immunity from life's challenges** ~ everybody goes through stressful life events
- **Suppression and denial** ~ "that did not happen to me"
- **A personality trait** ~ anyone can learn and develop resilience
- **Being ruled by your emotions**
- **Self-blame and negative self-talk** ~ "why do bad things always happen to me?"
- **Wallowing in self-pity**

How to Build Resilience

EVERYONE has the ability to build resilience ~ similar to a muscle, the more you exercise it the more it will develop. The most resilient people are those who have experienced, overcome and been

strengthened by many hardships in life. Despite the potentially negative impact of life events, **there still are aspects of your life you can control**. Here are 8 steps to becoming more resilient that may help you:

 <p>1 Accept Change</p>	<ul style="list-style-type: none"> • Accept that change is a natural part of life • Accepting what you cannot change can help you focus on what you can change (write it down) • Change marks the end of something old but also the beginning of something new • Reiterate and connect to your values for a sense of direction
 <p>2 Learn Continuously</p>	<ul style="list-style-type: none"> • Learn new skills and gain new understanding • Reinvent yourself by opening your mind to learning something new • Do not be afraid to experiment and try new things out of your comfort zone • Exchange old habits and ideas for new solutions to your challenges
 <p>3 Take Charge</p>	<ul style="list-style-type: none"> • Focus on the things that are within your control and take decisive action (write it down) • Establish a daily routine for your physical & mental health by exercising regularly, getting sufficient sleep and eating healthy • Take charge of your perspective ~ you cannot change what happened but you can change your reaction and interpretation • Move towards your goals ~ “what is one thing I can do today that will help me move in the direction I want to go?”
 <p>4 Define Purpose</p>	<ul style="list-style-type: none"> • Define what your purpose is in life and why this is important to you • “What am I passionate about and skilled at?” • “What is important to me? What do I want to be remembered for?” • A clear purpose provides perspective in assessing setbacks within a broader context (write it down)
 <p>5 Create Balance</p>	<ul style="list-style-type: none"> • Separate your identity from your job ~ there is so much more to you than your occupation • Rediscover yourself ~ you have many other facets of your life that define who you are • Consider other passions for example creative, intellectual and physical interests
 <p>6 Cultivate Relationships</p>	<ul style="list-style-type: none"> • Develop, cultivate and nurture supportive personal and professional relationships • Relationships create a strong base for support during challenging times • Accept help and support from people who care about you, it will strengthen you and build resilience
 <p>7 Reflect</p>	<ul style="list-style-type: none"> • Take time to reflect and self-regulate • Be conscious of your feelings, emotional triggers and possible contributing factors • Step away, slow down or get support to manage your emotional reactions • Be kind to yourself, develop positive affirmations and self-talk • Maintain a hopeful and optimistic outlook ~ expect good things



8 Reframe Skills

- Question your definition of yourself and your career with the courage to change course if required
- Reframe your view on your skill set, talents and interests to see how they may shift you into new patterns of work and behaviour
- Create your unique value proposition (write it down)

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