

BUILDING PSYCHOLOGICAL RESILIENCE

1. **Have high expectations.** You have enough experience to obtain the realistic expectations you put in front of yourself. Work hard towards realizing your goals.
2. **You may be at the centre of your parents' world** however you are not at the centre of the real world! Accept this fact and pay attention to the outside world, offer help and assistance to others; this will boost your self esteem.
3. **Everyone has certain inborn characteristics.** Intelligence and ability can be developed. Several famous people overcame challenges; developed themselves and became a success.
4. **Failure is not the end of the world.** Everyone is bound to fail at some point in their life. What matters is that you do not surrender to the failure and continue to strive. Failure is often the motivating force on the road to success.
5. **Just like happiness, love and satisfaction are natural feelings** so are anger, disappointment, and sadness. Experiencing these emotions is part of being a human being. None will endure; they will periodically come and go.
6. **Life is full of ups and downs.** Do not try to avoid problems. Identify the problem, define it, think of alternative solutions and choose the most suitable one for you. If that fails to work, there are other options. Don't forget there is no such thing as "perfect." Your philosophy should be doing the best you can, not being the best.
7. **Try to enhance your experiences and learn new things through** extracurricular activities such as at a university setting, home and beyond your lectures. Be open to new information and skills and develop yourself.

Dealing with certain adversities may require professional support. This too is quite normal. Apply to EMU-PDRAM and share your problems with us. You will obtain the tips you need.

For further information, reach us at:

Doğu Akdeniz Üniversitesi
Psikolojik Danışmanlık Rehberlik ve Araştırma Merkezi
(DAÜ-PDRAM)



Adres: Kuzey Kampüsü, Sağlık Merkezi Binası, Zemin Kat
Tel: (0392) 630 2251, Faks: (0392) 630 2475 - (0392) 630 2254
e-mail: counsel.pdram@emu.edu.tr
web: <http://pdram.emu.edu.tr/>

Psychological Resilience



PSYCHOLOGICAL RESILIENCE

Throughout our lives we are confronted with several adverse situations. These may include:

- ❖ Illnesses
- ❖ Bad exam results
- ❖ Accidents
- ❖ Natural disasters
- ❖ Frustrations
- ❖ Separation/Divorce
- ❖ Culture shock
- ❖ and the like

Experiencing such negative environmental hazards may severely influence an individual physically, emotionally and socially. One may be sad, feel pain, helplessness, mourn, get angry, feel frustrated yet eventually the individual will realize that life must go on in spite of these event. Over a period of time the individual begins to readjust to the new situations in his or her life.

However, why are some able to begin this adjustment period successfully while others fail to do so?

Why do such individual differences exist?

Individuals who are psychologically resilient are able to breast the difficulties of life. However, those lacking in resiliency will resign/and or surrender.

You have the power to strengthen your resiliency.

FACTORS PREVENTING PSYCHOLOGICAL RESILIENCE

1. Society does not give youngsters the opportunity to “mature.” Instead, they are treated as children (“little one”) in need of protection, unable to take on responsibilities, and furthermore, incompetent. Research suggests that individuals not given the opportunity to mature behave in a child-like manner.
2. Society endorses extreme viewpoints such as black/white, good/bad, beautiful/ugly, stupid/clever, hence not giving room for change. The opposite of success is inevitably failure and this view point goes unchallenged.
3. Succeed, right **NOW!** A common perception is that success, prestige and wealth should be quickly obtained attributes. Such a mentality can prevent one from exerting extra effort and endeavors. When expectations are not easily or momentarily met, this may be perceived as failure, causing the individual to give up.
4. Parents often are quite possessive of their children, trying to protect them from life’s difficulties. This will prevent youngsters from learning to confront and effectively cope with these difficulties.
5. In order for their children not to feel sadness, anger, frustration, disappointment, embarrassment or guilt, parents often protectively prevent their children from experiencing any of these negative feelings. However, experiencing such emotions from time to time, will make youngsters more resilient and less vulnerable.
6. The media often presents images of perfection in individuals. The perfection represented is often unobtainable creating a sense of incompetence and failure in youngsters.

These are factors that prevent a youngster from being psychologically resilient.

YOUNGSTERS ARE NOT HELPLESS. WHAT MAKES THEM

VULNERABLE IS USUALLY THEIR ENVIRONMENT.