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Nota di contenuto	Cover; Title page; Copyright page; Dedication; Contents; Epigraph; An Introduction to Resilience; A Personal Story of Resilience; 1. Take a Journey of Self-Discovery; 2. See the Glass Half Full; 3. Take Emotional Control; 4. Change for the Better; 5. Cope Well with Conflict; 6. Embrace Probortunities; 7. Look after Yourself; 8. Make Connections; 9. Keep Going; 10. Create a Vision; How Resilient Are You?; 1 Take a Journey of Self-Discovery; Be Your Personal Best; Ask Yourself the Following Questions; What Value Do You Give Yourself?; Fear and Desire; Learn to Trust; Feedback; Invest in You Building Self-Confidence2 See the Glass Half Full; A Day Closer to Being Better; How to Be Optimistic; Mind Over Matter; Learning Opportunities; Excuse me!; 3 Take Emotional Control; Emotional Resilience; The emotional dinner table; Understanding emotions; Defining Key Emotions; Why do we need emotions?; So what exactly is emotional intelligence?; The benefits of cultivating emotional intelligence; Food for Thought; The Emotional Roller Coaster; 4 Change for the Better; 1. Embrace Change; 2. Be Open-Minded; 3. Prepare Your Emotions; 4. Relax and Go With the Flow; 5. Be Positive 6. Keep Your Powder Dry7. Get Support; 8. Challenge Your Perspective;

9. Chunk up Change; 10. Make a Plan; 5 Cope Well with Conflict; What Is Conflict?; The Benefits of Conflict; Create new ideas; Learn about others; Understanding yourself; See different perspectives; Practice communication; Coping with conflict; 6 Embrace Probortunities; Problem Solving; How to solve problems; Be Creative; Creative thinking tools; Make Decisions; How to make decisions; 7 Look after Yourself; Positively Managing Stress; Managing Stress; Relaxation; Balance Your Life; 8 Make Connections; Appreciate Your Family Cultivate and Nurture Friendships Relationships and Resilience; Connect to Your Purpose; Finding Meaning; Make a Difference; 9 Keep Going; Learn to Let Go; Control the Controllables; Develop healthy coping mechanisms; Seek out healthy coping mechanisms; Reach out for help; Be kind to yourself; Take some time out; Be inspired; Smile; 10 Create a Vision; Vision and Goals; This is your life; Life balance; How to Set Goals; How to write SMART goals; Achieving Goals; Goals at work; How to Create Your Vision and Make It Happen; Desiderata - A Creed for Life; Resilience Materials

40 Ways to Bounce Back

1. List all your accomplishments;
2. Do ten minutes of exercise;
3. Find something to give away;
4. Lift someone else's spirits;
5. Phone a friend;
6. Write down a goal;
7. Relive your best memory;
8. Smile;
9. Turn off your computer and connect;
10. Let someone else decide;
11. Listen to your self-talk;
12. Make an effort;
13. Choose healthy;
14. Do something a bit radical;
15. Create a blog and share some wisdom;
16. Read something uplifting;
17. Surprise someone else;
18. Make things simple;
19. Heal a rift;
20. Be a mentor;
21. Make time for family and friends
22. Put yourself first

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### Sommario/riassunto

**BOUNCE BACK FROM WHATEVER LIFE THROWS AT YOU** Stressful situations are a fact of life. Job insecurity, financial burden, relationship doubt are all too familiar. Some people approach them with confidence and poise, facing change and challenges head on. Others back away slowly into a corner and become quivering wrecks at the mere thought of them. So what is it that makes some people cope with these adverse situations so well? It's not about what is happening to you, but how you react to it. It's about your resilience. Happiness guru Liggy Webb is here to help us

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