Relational Sources of Resilience

Humans need social connections. Resilience, or the ability to recover from setbacks, is more than an individual personality trait - it's also forged in our relationships and connections with others. Below are some examples of the types of relationships that can help build resilience.

Empathy:

Listen and be a safe space to release negative emotions

Workload:

Support with shifting work or managing work surges

Humor:

Finds the humor in situations and brings a lighter outlook

What types of relationships build resilience?

Political:

Provides
guidance
with the
people or
politics of a
situation

Purpose:

Reminder
of the
meaning or
purpose
("the why")
of the
work

Perspective:

Maintains a grounded and objective point of view after setbacks

Vision:

Offers clarity and insight to help navigate a path to move forward

Self-Advocacy:

Encourages confidence to selfadvocate and push back

Where can you find these relationships outside of friends and family?

Affinity Groups Work Colleagues Non-Profit Board Work

Spiritual Organizations Community Organizing Athletic Associations Advocacy Groups

Source: https://hbr.org/2021/01/the-secret-to-building-resilience

