8 Things Resilient People Do

You're generally optimistic:

- Start with positivity.
- The most important thing in the face of a challenge is to be grateful for what you've got.
- **Count your blessings.**
- Write them down.
- Practice gratitude daily through regular salah and dhikr.

You practice sabr (patience) and kindness:

- This includes being kind to yourself when you mess up.
- **Practice deep breathing for 5 minutes daily** so that when you're faced with hardship, you can use this simple yet effective tool to manage big emotions.

You stay flexible and openminded:

- You look for new ideas, solutions, and opportunities.
- You try to make the best of what seems like the worst.
- You allow yourself time to **think things through** before taking action, despite being anxious or feeling a sense of urgency.

You live in the present:

- Moving on and learning from mistakes takes resilience.
- **Focus on what you can do in the present.**

You value and build good relationships:

- A support system is very important for your well-being.
- **Having family and friends** to celebrate your highs and be there for you in your lows is key to resilience.

You know and consider your limits:

- Everyone has limited bandwidth. It helps to know when you need help or a break to avoid burnout.
- **Practice good self-care**, this includes knowing when to talk to trusted family and friends.

You know how to handle rejection:

- **Never give up.**

You like spending time alone:

- **Have time alone to process things**, reflect, or get to know your inner self.
- This helps to sort out feelings and any possible actions you can take.
- Reflecting upon things and growing from them can be the best part of hardship.

Reference:Psych2Go