

## OVERCOMING SETBACKS



What happens when you come face to face with a real challenge? Do you feel set back, or do you quickly find a way to work through the challenge? Sure there are many types of challenges that cause a setback. But, regardless of the type of challenge, our ability to overcome these setbacks is really all about what goes on in our heads.

Resiliency is the secret ingredient that helps us bounce back. It gives us the courage, energy, and commitment to understand what's happened, to learn from our circumstances, and to move forward in a constructive manner. The dictionary definition of resiliency is: "an ability to recover from or adjust easily to misfortune or change."

Dr. Les Kertay, licensed psychologist and organizational leader cites three main characteristics that help us work through our setbacks:

1. ***Having a connection to someone who acts as a real support.*** Those who are able to bounce back fairly quickly from a difficult situation usually have someone important in their lives. It could be a supportive spouse, or a close friend. When you find yourself in a difficult situation call on that important support person. That person can be there to listen, and, often the person can help you see the up-side, or even help you brainstorm how to manage the difficult situation better.
2. ***A belief in, or connection to, something greater than oneself.*** This connection may be with "God", the Universe or a Force, or, the community in which a person operates. When an individual has a sense of being part of something larger, it can act as a cushion, knowing he or she is not alone.
3. ***The ability to act in an effective way.*** The most stressful times are when we experience a difficult circumstance unexpectedly. We feel that we did not have control over what happened. A characteristic of resilient people is their ability to believe that they can do something about their situation. For example, when people are laid off from work unexpectedly, they may at first feel shock, and then anxiety. But if they believe in themselves and their abilities, they will bounce back, get themselves into an action orientation, and proceed with optimism. If they believe in themselves it will show in their entire demeanor.

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So the lessons here are quite simple but powerful:

- Find someone in your life with whom you feel strong support and don't be hesitant to call upon them when you are in need.
- Look at the system within which you operate. Spiritual or not, it helps to know you are not alone, and that there is a community to support you.
- Believe in yourself. There is nothing more important than your own positive self belief. We all have talents, positive traits, and forward-moving energy. Call upon these gifts when times get tough, and when times are good, savor the great feeling!

**One last but very important thought:** Stop Worrying! Those who worry a lot lead lives of lack, and high anxiety. They experience more health problems, and their worry takes its toll on those who are close to them. Remember this quote from Dean Hawkes of Columbia University: "Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision." Keep yourself calm, know what knowledge you need, and live in the moment. That will help you problem-solve better than any amount of worrying.