

LifeMap is a navigational tool to help you on your path towards personal and professional success.

Our belief is that you can achieve a more rewarding career, a more productive organization and a more satisfying life.



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Developing Resilience - Finding The Right Detour.

From time to time life will throw you a curve ball - something unexpected, out of the ordinary, and difficult to deal with. One of the reasons I suggest having a board of advisors is so that you don't always feel that you have to figure out things on your own. But hearing how others might deal with a difficult situation and sorting out what *you* might do is not always helpful. The bigger issue is being able to personally adapt in the face of adversity and move forward despite emotional distress. This is where resilience comes in.

Resilience is a few things. It is the capacity to recover from difficulties. It bespeaks a certain mental or emotional strength. In material objects resilience is elasticity and the ability of a substance or object to spring back into shape. I think those descriptions reflect human resilience as well. It is not a personality trait you were born with. It is an adaptive process combining your thoughts and your emotions, resulting in how you behave. It is a set of learned attitudes and skills that can be acquired by someone with any personality or temperament style. Anyone can become resilient or become more resilient.

I prefer the word roadblock instead of obstacle as a synonym for difficult situations. A roadblock can be solved by finding a detour that works. The word obstacle suggests a certain permanence like a fort that must be defeated at great cost or a mountain peak that has only one dangerous approach to the summit. A roadblock suggests that with knowledge and a willingness to improvise, adapt, and choose an alternative and successful path forward - a

Willingness to improve, adapt, and choose an alternative and successful path forward - a detour - can be found. How we describe things to others as well as to ourselves affects how we feel about them. So when life throws you a curveball try telling yourself "what we need here is a detour so I can get where I need to be". Now you're focused on finding a solution.

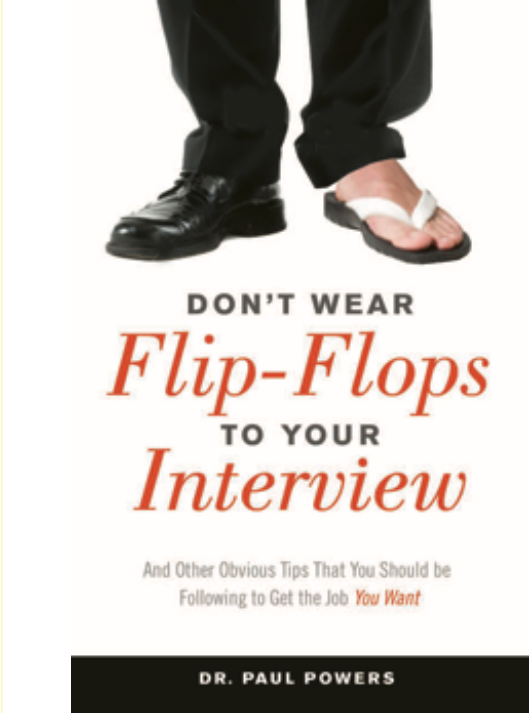
I said earlier that resilience is a set of learned attitudes and skills. Let's take a look at some ways you can increase your reserve capacity of resilience so that it can help you find an effective detour around life's inevitable roadblocks. Not every suggestion will work for every person. Not every suggestion will work for every situation. Use the list below to build your own resilience toolbox. Include items that have worked for you in the past and then add some that you want to acquire and use.

Paths Forward

- Boil it down. Ask "What is the worst that can happen?" Once you have planned for that, back off and consider "What is most likely to happen?" Do not allow your emotions to lead you to catastrophize.
- Give yourself a pep talk. Some call these affirmations. Drop negative self-messages like "Oh gawd, this is terrible." Replace them with positive self-messages like "Ok, what do I do to right now fix this?"
- Leave the hero bench and ask for help. You have friends, family and hopefully a board of advisors. You do not have to sort this out entirely on your own. Reach out.
- Most of us are not comfortable with change. But change is a typical, essential, and predictable part of life. Accept change as an opportunity to look for new positive outcomes and helpful paths forward. Build your change muscles.
- Reflect on your personal successes. What approaches have you used before to successfully find useful detours around major roadblocks?
- Distinguish between things you can and cannot change. Meditate or pray to your Higher Power. I like the Serenity Prayer which says in part "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."
- Make a decision to act. And then act. Activity is no replacement for achievement but plugging away at small bites of a problem soon bring it down to a realistic size. Incremental progress around a detour and toward a goal, will help you uncover and generate some needed energy.
- Have some fun either solo or in a group. This too will help you to liberate some needed energy and boost your emotional health.
- Avoid intoxicants. If you are feeling down, the grape, grain, or cannabis can keep you down. Follow prescription directions closely. Walk, breathe some fresh air, walk a dog from the local shelter (or adopt one), read aloud for an hour at a nursing home or library, serve a meal at a soup kitchen or bag groceries at the local food pantry. The "helpers high" is a real thing.

Suggested resource: *Resilient : How to Grow an Unshakable Core of Calm, Strength, and Happiness by Dr. Rick Hanson (Publisher:Harmony)*

LifeMap (sm) is not about getting knocked down; it's about getting up again.



Career Best Seller

For the past 30 years I've surveyed successful job hunters and captured their proven shortcuts, insider knowledge and time-saving / stress reducing tips.

My latest book [Don't Wear Flip-Flops to Your Interview](#) is packed with strategies and techniques that are practical, market-proven, and easy to use. Added to this powerful mix, are the hard-won lessons from the personal experiences of thousands of professionals who have succeeded in the job changing game. It is not necessary for you to struggle to rediscover and reinvent the job hunting process. Here you will find the keys to a more productive, shorter and less stressful job search.

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Sincerely,
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