

Building Resilience for the New Year: The Headington Way

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Introduction

The new year is the perfect time to set intentions for personal growth, and what better focus than building resilience? Resilience is about more than bouncing back—it's about thriving, adapting, and finding strength in life's challenges. At Headington Institute, we emphasize seven key factors of resilience. Here's how you can use them to prioritize your psychosocial health and make resilience your New Year's resolution.

1. Emotional Regulation: Understand Your Emotions

- **Why It Matters:** Staying in tune with your emotions helps you respond thoughtfully instead of reacting impulsively.
- **Try This:** Practice mindfulness or jot down your feelings in a journal. When you're overwhelmed, take a deep breath and use the STOP skill: Stop, Take a breath, Observe, and Proceed.

2. Behavioral Regulation: Act with Purpose

- **Why It Matters:** Intentional actions keep you focused and grounded, especially during stressful times.
- **Try This:** Set small, manageable goals each day. Pause before reacting to ensure your actions align with your values.

3. Adaptive Engagement: Embrace Life's Changes

- **Why It Matters:** Resilience flourishes when you see challenges as opportunities to grow.

- **Try This:** Reflect on a past setback and what it taught you. Use that experience as a guide for tackling new challenges.

4. Physical Fitness: Move for Your Mind

- **Why It Matters:** A healthy body supports a healthy mind, helping you manage stress better.
- **Try This:** Find an activity you enjoy—whether it’s walking, dancing, or yoga—and commit to doing it regularly. Remember, movement should feel good, not like a chore.

5. Sense of Purpose: Find Your “Why”

- **Why It Matters:** Having a clear purpose keeps you motivated and helps you navigate life’s difficulties.
- **Try This:** Identify your core values and write them down. Choose one value to focus on each week and align your actions with it.

6. Life Satisfaction: Celebrate Small Wins

- **Why It Matters:** Joy in the little things fosters a positive outlook and strengthens resilience.
- **Try This:** Start a gratitude journal. Each day, write down three things—big or small—that made you happy.

7. Spirituality: Connect to Something Greater

- **Why It Matters:** Spirituality offers comfort and perspective, helping you find meaning in life’s challenges.
- **Try This:** Dedicate a few moments each day to quiet reflection, prayer, or meditation. Seek out what connects you to something beyond yourself, whether it’s nature, faith, or community.

Conclusion

Resilience is built one small step at a time. By focusing on these seven factors, you can create habits that strengthen your ability to adapt, recover, and thrive. This year, prioritize your well-being and make resilience the foundation of your growth.



If you found this resource helpful and believe you or your organization could benefit from further support on these topics, the Headington Institute offers a range of services to meet your needs. We provide in-person and virtual workshops, webinars, psychological consultations, and leadership consultations tailored to help teams and individuals navigate high-stress environments and foster resilience.

For more information, visit our contact page at <https://www.headington-institute.org/contact/>. Current clients can email us directly at support@headington-institute.org. We're here to support you.