

# **The Benefits of Embracing Change: Building Resilience and Overcoming Adversity**

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Change is inevitable. It is a fact of life that we must accept and learn to embrace change to develop and maintain resilience. When we resist change, we limit ourselves and our potential. But when we embrace change, we open ourselves to new opportunities, growth, and resiliency. The problem is that many of us instinctively resist change. We cling to the familiar because it is comfortable and feels safe. We feel cozy and become complacent in our routines, relationships, and way of life. However, this presumed security can be misleading, notably when the world constantly changes. We may be blind to the changes and fail to adapt as needed. When that is the case, we become more vulnerable to feeling overwhelmed by the new demands in our lives. Changes can bring about struggle and disruption. The discomfort of change is why learning to identify, accept and embrace change is critical to developing resiliency.

Expecting change gives us the perfect mindset for developing resilience. Thinking of change as something thrust upon us without our permission feels unfair and wrong. Life is unpredictable, and no matter how hard you try to do what you consider the right thing and to play by all the rules, what you want and expect from life is not guaranteed. You think you have planned for all contingencies. You haven't. It is impossible to control everything that happens to us. Many aspects of our lives are beyond our control, except how we react to them. We can view change as an opportunity instead of a threat. We can embrace change for the challenges and opportunities that come with it.

We may not be able to predict how things can change and work out a specific plan for dealing with something before it happens, but we can learn flexibility in thinking and problem-solving. We can give ourselves

credit for learning from our experiences and building a sense of self-efficacy and self-confidence to rise to future challenges. We can apply solutions that have worked in the past, learn from mistakes and save time by not doing the same stuff that has not worked or won't work now. Something that worked last week may not work at all this week. We can stop trying to make it work and try something new. New challenges call for new strategies. By having an appreciation of flexibility and applying what we learn, we can build confidence in our ability to navigate change and grow in resiliency. By learning flexibility in problem-solving, we can gain agency and a sense of control over our outcomes.

Embracing change means being open and receptive to new experiences, opportunities, and perspectives. When we embrace change, we become more adaptable and flexible. Learning new things about ourselves and the world around us enables us to broaden our horizons, better cope with life's challenges, and see our contributions in the grander picture. We have more of a sense of our significance. To embrace change, you must let go of the unfamiliar as "bad." Life is full of uncertainty, which is scary, but understanding and accepting uncertainty is essential for growth and resilience. Embracing new ideas, people, and experience is risky, but doing so enables us to become the people we want.

Adaptability, flexibility, and open-mindednesses are attitudes and attributes needed to build resilience. However, action is required. We need to practice living skills and resilience-building behavior such as self-care, developing and maintaining a support system, and developing a positive mindset of self-confidence and self-efficacy.

Self-care is all about caring for ourselves physically, emotionally, and spiritually. Taking care of yourself includes getting enough sleep, eating healthy foods, exercising regularly, and setting aside time for relaxation and enjoyment. By practicing self-care, we develop the energy, strength, and stamina to cope with stress and change. Building positive relationships that support, guide, and encourage us allows us to have what we need to navigate and persevere through challenges.

A positive mindset makes it easier to focus on change as an opportunity for growth and the potential positive outcomes of change. To build a positive attitude, you need only to challenge negative thoughts and beliefs as they occur and consciously replace them with at least neutral ones. Before long, it won't be so hard to identify the positive replacements as being at least as possible as the negative ones have been. A positive mindset can go a long way toward building self-confidence, resilience, and overall well-being.

Mental flexibility is critical to coping with distressing situations and bouncing back from them in a way that strengthens you. Research has shown that resilience improves mental, physical, and relationship health. Bouncing back helps prevent depression, anxiety, and relationship distress.

Resilience is a crucial trait that can help individuals lead happy, healthy lives. While some individuals may be naturally more resilient than others, resilience can be developed and strengthened through practice and dedication. By prioritizing self-care, cultivating a growth mindset, building a support network, practicing mindfulness, and embracing a positive attitude, adults can develop the resilience they need to navigate life's challenges confidently and gracefully.



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