

PARALLEL LEADERS

O25: JEN TRIBBLE **RESILIENCE IS A JOURNEY, NOT A DESTINATION:** **10 STEPS TO BUILDING LIFELONG RESILIENCE**

The front line isn't just a military term; it's a reality for all of us. We all have a place in our lives where we battle, whether against external circumstances or internal struggles. But in those battles, we can develop resilience, the ability to bounce back from adversity and emerge stronger. Resilience is a mental skill that can be honed through practice and intentional effort. It's the difference between giving up and persevering, defeat and victory.

1. ADVERSITY IS NOT YOUR ENEMY.

Adversity is a powerful tool for building character. It's easy to view challenging situations as enemies, but if we shift our perspective, we can see them as teachers. Trials and challenges reveal our strengths and weaknesses and push us to grow and persevere. As James 1:2-4 reminds us, perseverance leads to maturity and completeness. Adversity is inevitable, but the real battle is within ourselves, inside our minds - it's about how we approach, lean into and learn from our struggles.

2. CONFRONT THE BRUTAL FACTS.

Admiral James Stockdale, a former POW, observed that soldiers who deluded themselves about the severity of their situation, imagining they'd be free within a week or month, broke the fastest. This is known as the Stockdale Paradox: never lose faith that you will prevail in the end, but confront the brutal facts of your current reality.

While pain may be genuine and the trauma crippling, acknowledging your reality for what it is, shines a light on it and allows you to move through acceptance into a place for growth.

3. INTENTIONALITY WINS

We don't rise to our expectations but fall to our level of training. We cannot borrow or

buy resilience, but with intentional effort, we can build habits to support a resilient life. We become what we do if we do it often enough.

As Eric Greitens says, "To be resilient - to build a full and meaningful life of strength, wisdom and joy - is not easy. But it is not complicated. We can all do it. To get there, it's not enough to want to be resilient or to think about being resilient. We have to choose to live a resilient life."

4. EMBRACE DISRUPTION

Disruption isn't always negative. When faced with a challenge, you can use it to improve your path.

In 2020, mycitycare experienced unprecedented difficulties, but we embraced the disruption and grew as an organization. Using it as a catalyst, we set ourselves up for success today.

5. PURPOSE IS YOUR ANCHOR

Resilience begins with a choice – a choice to take responsibility for what happens to you and to find your personal "why." Everyone has a unique reason to keep going, whether it's a testimony, unsaved loved ones, or an obstacle to overcome.

As Simon Sinek, author of Start With Why, says: "Working hard for something we do not care about is called stress, working hard for something we love is called passion." Larry Brey, a speaker at the Leading Second conference and Pastor at Elevation Church, echoed this sentiment by encouraging everyone to create a personal trophy case – an album on their phones filled with reminders of why they do what they do and what success looks like to them.

When faced with challenges, it's easy to let pain and disappointment consume us. But by finding strength in our struggles and serving a purpose higher than ourselves, we can turn adversity into opportunity. If you feel yourself wavering, reflect on your "why" and remember what drives you to pursue your passions.

6. PRACTICE AND PROTECT SELF-CARE

Prioritizing self-care isn't enough - be ruthless in protecting it. Recognize your limits and embrace a rhythm of rest, including getting enough sleep, eating healthy, exercising regularly and seeking help for mental or physical health challenges. Rest isn't just stopping; it's an opportunity for growth, repair and balance.

7. RELATIONSHIPS ARE KEY

Pain + reflection can lead to progress or too unhelpful coping. Relationships can help you see and frame challenges differently. They can help you navigate difficult circumstances, hold you to a higher standard, identify your blindspots and encourage you in your strengths. They can help you assess the situation from a different perspective.

Each person should have three key relationships in life: a mentor, a pastor, and a friend.

8. CULTIVATE A GROWTH MINDSET

Resilience involves adopting a growth mindset, which sees intelligence and talents as learnable and adaptable with effort, and developing a habit of self-reflection.

Good reflection involves processing the meaning of experiences and adjusting the course of future actions. Act. Reflect. Plan. Building this habit into our lives and leadership enables us to respond to hardship and difficulty in a way that promotes growth and strength.

9. RESILIENCE REQUIRES A SENSE OF GRATITUDE

Being grateful does not mean denying hardships. It means you continue to be conscious of the positive while acknowledging that you face some challenges. This positive attitude helps you become more resilient to life's disappointments.

It also triggers our brains to be more focused on opportunities than threats, and so helps to moderate stress, improve mental and physical health, and promote better sleep and digestion.

10. RESILIENCE IS A PROCESS, NOT A DESTINATION.

Resilience is more than just bouncing back; it involves integrating challenging experiences in healthy ways. It is an ongoing process that requires effort, dedication, and a willingness to evaluate and make changes to align with your values and goals.

“Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge.” - Mihaly Csikszentmihalyi, Psychologist.



RESOURCES + LINKS

- [Book: Mindcraft by Kelly Stickel](#)
- [Book: Start with Why by Simon Sinek](#)

DISCUSSION QUESTIONS + ACTION STEPS

1

What practical steps, habits or exercises can you take to develop personal resilience?

2

Confronting brutal facts and embracing disruption can be challenging for many people, as it requires us to face difficult situations head-on. How can you cultivate a mindset of courage and strength in the face of adversity rather than giving in to fear and despair?

PARALLEL
LEADERS

