# The Importance of Building Resilience To Deal With Pressure

Dealing with pressure is something everyone has to learn at some point in their lives. Be it pressure in school or pressure in the workplace, learning the right way to cope is essential for your mental and physical health. Today we will talk about how important it is to build resilience in order to enable you to better manage pressure in your daily life.

What is Resilience?

Emotional and mental resilience allows you to manage pressure more effectively. It is your ability to adapt to the pressure you are facing while also being able to bounce back in a healthy way. Despite popular opinion, this is not a natural personality trait but rather something that is cultivated through either determination or circumstance.

What Makes Resilience Essential?

Resilience is important when managing pressure as it will allow you to maintain your mental health while also maintaining productivity. If everyone folded under pressure, then very little progress would be made regardless of the topic or field. For example, you must be able to handle pressure if you are training to be a professional athlete or a doctor. The same goes for those who are tasked with caring for others such as people with children or those who care for the elderly. The ability to handle the pressures of daily life, work pressure, school pressure and even emotional pressure allow mankind to progress and evolve.

The Effects of Lack of Resilience

Those who are unable to nurture their resilience tend to have a hard time being productive or moving forward in life. This can lead to emotional breakdowns, depression, weight gain, social anxiety, and many other, less than desirable character traits. People who are unable to work or operate under pressure are also least likely to move on to high-paying jobs or professions. While there is nothing wrong with wanting a simple life, everyone faces pressure at some point. Those who are unable to build at least a minimal amount of resilience are going to be unable to deal with most situations when they eventfully do arise.

Building Resilience to Manage Pressure

There are several ways to go about increasing your natural resilience so that you can better manage the pressures in your life. One of the best ways to build resilience is by learning to manage your stress levels. Making changes to your lifestyle and maintaining proper health are also critical ways to boost your natural ability to deal with pressure.