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*The Center for Alternative Dispute Resolution Newsletter
State of Hawaii, Judiciary*



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Resolve to Develop Resilience

Happy New Year! We can't control all the things we'll experience this year, but we can decide how we'll respond to life's demands. Consider making a New Year resolution to become more resilient. Emotional resilience refers to our ability to be flexible and recover from stress, disappointments, and pressures.

Resilience is vital for parties in ADR processes. They must have the ability to keep their emotions in check, put the past problems behind them, interact to preserve their interests, and consistently work toward a productive outcome. We can strengthen our emotional resilience by practicing four qualities:

Keep things in perspective - We all make mistakes, so consider them a learning opportunity. Instead of turning small problems into catastrophes, try to have a sense of humor when things go wrong. Focus on problem solving so errors in the past don't ruin the present.

Be aware of your emotional well-being - It's great when things are going well, but it isn't realistic to expect that we will always experience positive emotions. Understand the reasons for your negative feelings and try to keep them from growing. Take action to stay on track.

Have a growth mindset – Self-reliance, the sense of being capable and independent, is strengthened through learning and experience. When we work through problems, and respond to challenges and emergencies, we develop realistic expectations of our strengths and limits. A growth mindset helps us meet new challenges.

Create meaning and support systems – We can support ourselves through healthy practices including hobbies, physical activity, spiritual awareness, and interaction with supportive friends and family.

By developing stronger emotional resilience, we experience physical and psychological benefits that lead to improved health and a sense of well-being.

Want to learn more about resilience? CADR will offer a training session on *Vicarious Trauma and Resiliency* on March 19, from 8:15 to 10:45 a.m. This session is open to all state and county employees. [Register online](#) and access [CADR's 2013 training schedule](#) from [CADR's website](#).