



How To Develop Emotional Resilience

To be resilient is to be able to endure. It's to have strength, to not be weighed down by the things that we can't control. We develop emotional resilience when we sit with the discomfort that triggers us emotionally. The more we face our emotions, the better we can gain a handle on them.

Each and every time we stand up for ourselves regardless of how much it hurts us, we are practicing the development of emotional resiliency. We can only develop strength when we decide to face the things that require us to remain strong within our journey. Emotional healing is a journey worth taking. When you face it now, you won't have to repeat it later on.