

Building Resilience: Dealing with a crisis

A crisis is considered as the best resilience training; many people who face an unfortunate event, cannot even believe how strong they really are. Their power and a high level of perceived self-efficacy are brought to light when a crisis comes along.

These people manage to obtain a high level of optimism by considering that many stressful events cannot be averted from happening or in other words they realize that in life we can only 'control the controllables'. Although this phrase is often used by athletes, many people are applying this concept in their daily lives.

In this regard, since we cannot avoid inevitable events, it is vital to [change the way we interpret and respond to them](#). For example, we can't control whether or not we may get an illness, but we can do everything possible to stay healthy. We can't control the changes in job market, but we can be up-to-date with latest trends and evolve our knowledge to keep pace with new developments. And certainly, we can't control everything that happens in the world, but [we can control our attitude](#) towards these.

In the face of crisis or tragedy, [focusing our energy and thoughts on the valuable things](#) around us and finding a new purpose in life can play an important role in our recovery. Involving in community, participating in meaningful activities may give us new motivation to respond. However, first and foremost, we need to be able to view the new situation in a realistic way and then set reasonable goals to deal with the problem.

This is why we need to be able to fight stress as a first step toward [making the situation better](#) and believing that better days will eventually come.

Manage what you can control or Don't try to control the uncontrollable

COPING WITH PROBLEMS WE CAN'T CHANGE

Many of the things that cause stress for seafarers aren't things that can be changed, like being away from home for extended periods or not being able to leave at the end of the working day.

The first step to managing a difficult situation is to recognise when you are getting caught up by worries about things that you cannot change. It's easy to find ourselves going over problems in our minds without even realising that we are doing it. Worry can be useful if it alerts us to a problem and motivates us to act to change the situation. But worry does not serve any useful purpose if the problem is in the past or it is a problem that cannot be solved at all or straight away, but just telling yourself to stop worrying isn't likely to help...

