# **Topic: Resilience: The Art of Bouncing Back**

### **Definition of Skill**

**Resilience** is a key component of self-regulation. It is the capacity to recover quickly from difficulties or setbacks. In the context of job seeking, it is the ability to hear "no" and maintain the motivation to ask again.

### **Core Content**

**The "Resilience Muscle"** Many people believe resilience is a trait you are born with—you are either tough or you are not. However, psychology tells us that resilience is like a muscle. Every time you face a rejection, process the pain, and choose to try again, you are strengthening your ability to handle future stress.

**Recovery vs. Prevention** You cannot prevent rejection. Even the most qualified candidates get rejected. Therefore, your goal should not be to avoid failure, but to shorten your *recovery time*. Self-regulation helps you move from "I am devastated" to "I am ready to try again" faster.

**Rejection is Data, Not Definition** When a door closes, it is easy to internalize it as a statement about your worth ("I am not good enough"). A resilient mindset views rejection as data ("My resume didn't highlight the right skills for this specific role"). By viewing it as objective data, you can fix the strategy without breaking your spirit.