

Resiliency

Resilience is the ability to adapt well in the face of adversity, trauma, tragedy, threats or stress. Being resilient does not mean that a person doesn't have difficulty or distress. Family and relationship concerns, health problems, workplace issues and financial stressors can be better managed from an attitude of confidence and strength. It means "bouncing back" from difficult experiences. Resilience, like optimism, can be learned by practicing behaviors, thoughts and actions that strengthen individuals and relationships.

10 Ways to Build Resilience

Make Connections – Good relationships with family members, friends and others are important.

Avoid seeing crises as insurmountable problems – Stressful events happen, but you can decide how to interpret and respond to them.

Accept that change is apart of living – Focus on circumstances you can alter and seek the positives in all situations.

Move toward your goals – Develop realistic goals, take steps, even small ones, toward achieving them every day.

Take decisive actions – Face issues head on and break problems down into smaller parts, more manageable parts.

Look for opportunities for self-discovery – Recognize your strengths and your ability to grow from challenges, tragedy or hardship; learn to look for a silver lining.

Nurture a positive view of yourself – Develop confidence in your ability to solve problems and learn to trust your instincts

Keep things in perspective – Consider the stressful situation in a broader context; keep a long-term perspective and avoid blowing the event out of proportion.

Maintain a hopeful outlook – Develop an optimistic outlook by visualizing what you want, rather than worrying about what you fear

Take care of yourself – Engage in activities you enjoy: relax, exercise, take care of your mind, body, and soul.

Learn when to ask to help – Everyone needs a hand now and then; sometimes you can offer a hand and sometimes you need one. Let others help you when you need it.

Several additional factors are associated with resilience:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses

Additional Resources:

www.raisingresilientkids.com

www.mentalhelp.net

Learned Optimism and Authentic Happiness

Martin Seligman

For free, confidential assistance with this and other health and wellness related concerns call
Workplace Solutions at 800-327-5071