

EMPLOYEE ASSISTANCE PROGRAM

STAYING STRONG AND RESILIENT

Resilience helps us persevere through life's challenges.

Resilience is the ability to bounce back from difficult, stressful times and persevere in spite of setbacks and challenges. People who are resilient are able to cope with problems and even become stronger as a result. They tend to have a positive attitude and a mindset of looking for solutions and taking action. Being resilient can help you stay on course to meet your goals, no matter what obstacles you encounter.



Anyone can improve their resilience skills. Here are five ways to boost yours:

- **Be open to change.** Change is inevitable, but can also be uncomfortable or distressing. Try to stay flexible and keep an open mind during times of change. Recognize that while you may not have control over certain events that happen, you do have control in how you respond.
- **Practice mindfulness.** Practicing mindfulness at home and at work can help you be more calm and productive and improve your ability to cope with stress. Mindfulness is about paying close attention to your surroundings in the present moment and what you are feeling and thinking without being self-critical, judgmental, or reactive.
- **Face problems head-on and focus on solutions.** Try not to waste time procrastinating or blaming yourself or others. Look for ways to take action to resolve problems.
- **Make self-care a priority.** Good self-care is the foundation of resilience. Make time for regular exercise, eat a healthy diet, get adequate sleep, and learn how to manage stress and calm yourself. Take your earned time off to rest and relax, and set boundaries between work and your personal life. Learn to say no to unreasonable demands on your time and energy.
- **Build and maintain supportive relationships.** Connecting with positive, caring people inside and outside the family is important for emotional health. Ask others for help when you need it.

Improving your resilience may take time and practice, but these skills will help you withstand and learn from difficult experiences for the rest of your life.