

EMPLOYEE ASSISTANCE PROGRAM

BOUNCING BACK FROM ADVERSITY

We all experience difficult times in life, but how we respond and how quickly we bounce back depends on how resilient we are. Resilience is the ability to cope with a crisis or setback, whether it is a family or relationship problem, a serious health issue, trauma, or any significant stressor. We can all learn to improve our resilience skills by identifying and reframing negative thoughts and emotions. As the American poet Joan Walsh Anglund once said: "Adversity often activates a strength we did not know we had."

Here are tips to build resilience and recover from adversity:

- **Change your thinking.** Ask yourself how you can turn the hardship you are facing into a challenge. Just rewording the situation can help you start thinking of an action plan. Visualize a positive outcome and how you'll use your strengths, knowledge, and experience to get through it.
- **Maintain perspective by keeping the big picture in mind.** It can be easy to blow things out of proportion, but remember that events that seem overwhelming today, may be nearly forgotten with the passage of time.
- **Stay connected with others.** A strong support system you can trust and rely on makes it easier to get through difficult times.

Accepting adversity, rather than avoiding or denying it, can lead to opportunities for learning and growth. Hardships and personal crises can lead to stronger relationships, personal development, and a deeper capacity to appreciate others and make the most of life.

