

## Coping with a Crisis

During a personal crisis, some people are more capable of bouncing back than others. That's due to their resilience. Resilience is about more than coping; it's about confronting crises without being overwhelmed by them. Resilient people are better able to handle life's stressors and adapt to changing situations.

Adults and children can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of their physical and mental health. Here are some other tips for resilience in the face of crisis:

- › **Maintain Strong Connections With Family and Friends.** Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times.
- › **Avoid Viewing Problems as Insurmountable.** You have probably handled and survived difficult situations in the past—and maybe even learned from those difficult experiences. Learn from those experiences and be confident that you will get through the current crisis, too.
- › **Accept That Change is Part of Living.** The reality is that certain things cannot be controlled. What's important is how you respond to the situation. Accepting the change makes it easier to move forward with your life.
- › **Keep a Long-term Perspective and Hopeful Outlook.** Even though your emotions may be overwhelming at times, try to stay positive. Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.
- › **Take Care of Your Physical and Mental Health.** It's especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise. Alcohol and caffeine can increase stress levels; avoid or reduce their consumption.
- › **Get Support and Resources From Your Employee Assistance Program.** If you need help dealing with a personal crisis, or would like additional resources and strategies for improving your resilience, contact your GuidanceResources employee assistance program for confidential counseling and other services.



### Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultants<sup>SM</sup> can assist you with your concerns at: **888-972-4732**

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