



Fostering Resilience

Resilience is about more than coping; it's about confronting crises and difficult situations without getting overwhelmed by them. Resilient people are better able to handle life's stressors and adapt to changing situations. Being resilient can help protect you from depression, stress and anxiety, too.

Resilience can be strengthened and nurtured in adults and children by improving self-esteem, developing a strong system of social support and taking care of your physical and mental health.

Tips for Improving Resiliency

- **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. Learning from these experiences gives you confidence to get through new crises.
- **Accept That Change Is Part of Living.** The reality is that certain things cannot be controlled. Accepting change makes it easier to move forward with your life.
- **Keep a Long-term Perspective and Hopeful Outlook.** 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 eat a healthy diet and to get adequate sleep and regular exercise. Remember, alcohol and caffeine can increase stress levels.
- **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 employee assistance program for confidential counseling and other services.

Here when you need us.

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Contact us anytime for confidential assistance.