

No matter what life throws at you, continue to thrive, flourish and grow even stronger, as you overcome the obstacles you face!



## Reach out as needed.



STRESS  
WELL

# RESILIENCE

You may find using the following strategies to be enough to build your resilience, or you may find yourself “stuck” during challenging times. When you feel unable to function as well as you would like after traumatic or other stressful life experiences, contact your care team for assistance.

### Resilience can be learned!

With time and intention, anyone can learn and develop behaviors, thoughts and actions that create resilience.

### Resilience is NOT:

- Learning to grin and bear it
- Avoiding stress or trauma
- Resisting change



### What is it?

The American Psychological Association’s definition of resilience is:

*“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.”*

### Resilience means:

- “Bouncing back” from difficult experiences
- The ability to adapt and flex to the obstacles that life presents
- Possibility of profound personal growth
- The power to overcome setbacks, so that we can live the life we've always imagined!

### Resources: helpful apps

Calm



10% Happier



TEN  
PERCENT  
HAPPIER

Insight Timer



InsightTimer

Healthy Minds Program



Headspace



headspace

**TIP! Find the Silver Lining: call to mind an upsetting experience and try to list three positive things about it.**



STRESS  
WELL

# STRATEGIES TO BUILD RESILIENCE

Focusing on four core components can empower you to withstand and learn from difficult and traumatic experiences:

## Build your connections.

- **Prioritize relationships.** Connecting with people who remind you that you're not alone and validate your feelings. Enrich and nurture close friendships to improve social support.
- **Accept help** and support from those who care about you.
- **Become active** in civic groups, faith-based communities or other local organizations that offer support and a sense of purpose or joy.



## Foster wellness.

- **Take care of your body.** Promoting positive lifestyle factors like proper nutrition, ample sleep, regular exercise and stress management can strengthen your body to adapt and reduce the toll of trying emotions.
- **Practice mindfulness and gratitude.** When you journal, meditate or pray, identify positive aspects of your life and recall the things you are grateful for.
- **Avoid negative outlets.** Instead of seeking to mask or eliminate feelings of stress with alcohol, drugs or other substances, focus on giving your body resources to manage stress.



## Find purpose.

- **Help others.** Cultivate a sense of purpose, foster self-worth and connect with other people as you tangibly help others.
- **Be proactive.** Ask yourself, "What can I do about a problem in my life?" Try breaking problems down into manageable pieces.
- **Move toward your goals.** Ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" Focus on what you can, rather than cannot, change.
- **Look for opportunities for growth.** Use difficult events to make yourself stronger and increase your sense of self-worth.



## Embrace healthy thoughts.

- **Keep things in perspective.** Try to identify areas of irrational thinking and reframe thoughts to adopt a more balanced and realistic thinking pattern.
- **Accept change.** Keep your long-term view and focus on circumstances that you can alter.
- **Maintain hope.** Expect that realistic good things will happen to you. Try visualizing what you want, rather than worrying about what you fear.
- **Learn from your past.** Remember who or what was helpful in previous times of distress, and apply these to new difficult situations.



Sources: American Psychological Association, PositivePsychology.com, MindTools.com, Greater Good