

# ALL ABOUT RESILIENCE

## WHAT IS RESILIENCE?

Resilience is the process of adapting well in the face of adversity or significant sources of stress such as family and relationship problems, serious health problems, or workplace and financial stressors.

Resilience does not mean that a person won't experience difficulty or distress. Resilience is about the capacity to effectively cope with stress, not avoid it completely.

## HOW TO BUILD RESILIENCE

### BUILD CONNECTIONS

Building strong, healthy relationships can give you needed support during difficult times. Focus on finding empathic and trustworthy individuals who will validate your experience.

Join a Group. Along with one-one relationships, some people find that joining local organizations, faith-based communities or clubs help them feel motivated and supported.

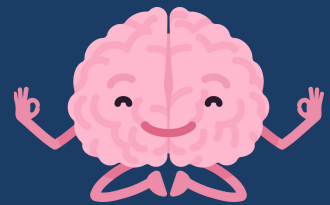


### TAKE CARE OF YOURSELF

Take care of your body. Self-care may be a buzzword, but it's also a legitimate practice for building resilience. It is important to have proper nutrition, ample sleep, hydration, and regular exercise.

Engage in activities and hobbies you enjoy. Find time for yourself even if it is less than 30 minutes a day.

Practice mindfulness and other relaxation exercises. Journaling, meditating, praying, or focusing on positive aspects of your life can help strengthen resiliency.



### FIND PURPOSE

Help Others. Volunteering or even just helping a friend in need can help increase a sense of purpose and self-worth.

Be Proactive. You may not be able to change your circumstances, but you can ask what you CAN do about your problem. If it seems too big to tackle, break it up into manageable pieces.

Move toward your goals. Develop realistic goals and take steps toward achieving them every day. Even the smallest step counts!

### EMBRACE HEALTHY THOUGHTS

Keep things in perspective. Try to identify areas of irrational thinking such as the tendency to catastrophize. Try to look at adversity as a challenge to conquer.

Accept that change is a part of life. Accept what cannot be changed and focus on factors that are within your control.

Learn from your past. Look back at how you overcame challenges in the past and try to use the same strategies.