Building Resilience

Resilience is the ability to adapt to and overcome challenges and setbacks. While some people may seem more resilient than others, everyone is capable of developing this skill.

It’s helpful to think of resilience as a well that can be filled with experience and then drawn from as needed during difficult times. With practice, you will learn what activities help refill your well.

These core components are key to building resilience:

- **Time to regroup.** When you’ve suffered a disappointment, is your first instinct to wallow? While there is nothing wrong with hiding under the covers or watching some comfort TV, set a time limit. If you are struggling to get out of bed, engage in daily activities, or show up for work or other obligations, call your doctor or contact LifeMatters.

- **Connecting with others.** Create a network of people that you can count on during tough times. Offer support and encouragement when they are struggling. Pets are another wonderful source of emotional support.

- **Self-care.** Eating healthy foods, incorporating exercise into your routine, and getting plenty of rest will help support your physical, mental, and emotional health. Good self-care will make you less susceptible to stress-related illness.

- **Positive self-talk.** Do you talk to yourself like you would to a friend? Instead of being self-critical, celebrate small victories and offer encouragement. In addition, strive to look at situations objectively and focus on facts.

- **Be mindful.** A mindful approach can help you find meaning and purpose in life. While meditation is helpful, you can also incorporate mindfulness into a hobby or other daily activities, such as walking, eating, or even doing the dishes. The point is to stay focused and remain in the moment.

After two years of pandemic life, many people are feeling like their well of resilience is running dry. If your usual methods for building resilience are no longer effective, or if you are using drugs, alcohol, or other unhealthy behaviors to cope, LifeMatters can help. Call 24/7/365.

Source: Life Advantages