The Power of Resilience

﻿A resilient person is able to adapt in the face of adversity and bounce back from challenging experiences. Try these strategies for increasing your resilience:

* Avoid viewing a crisis as the end of the world. You can’t stop stressful events from happening, but you can control your reaction to them. Focusing on the big picture will help you cope with the immediate situation.
* Accept that change is a part of living. An unexpected change may affect your future. Accepting that life sometimes throws you a curveball may make it easier to adjust your goals or switch to a back-up plan.
* Look for the silver lining. While giving yourself time to adjust to a change or loss is important, stay open to new possibilities. Short-term setbacks sometimes lead to positive life changes.
* Become a problem-solver. Look for practical ways to improve your situation. If you are uncertain about your next step, do some research or consult with someone who has had a similar experience.
* Trust your instincts. Recognize your ability to handle difficulties and weather challenges. Look for ways to adapt to the situation while remaining open to the possibility of change.
* Be open to growth. People who have experienced personal challenges sometimes emerge with an increased sense of personal strength or self-worth. They may also forge stronger relationships with friends and loved ones or have a greater appreciation for life.
* Practice self-care. Pay attention to how you are feeling and what you need. Exercise regularly, get enough sleep, eat a healthy diet, and limit your alcohol consumption. Creative or meditative pursuits may help you process difficult experiences and manage your emotions.
* Ask for help. Knowing when to seek assistance is key to maintaining your resilience. LifeMatters is available to provide emotional support and practical advice. Call 24/7/365.

LifeMatters by Empathia

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

24/7/365

CRS TTY: 711

Call collect to 262-574-2509 if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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