## 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:

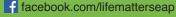
Avoid viewing a crisis as "the end of the world." You can't stop stressful events from happening, but you can control how you react to them. Focusing on the big picture will help you think past your immediate situation.

- 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're uncertain about your next step, do some research or consult with someone who's had a similar experience.
- ➤ **Trust your instincts.** Recognize your ability to handle difficulties and weather challenges. Consider if you are in a situation that you can "live with" or if your circumstances require a change.
- Find opportunities for growth. People who have experienced personal challenges often report feeling a greater sense of strength, an increased sense of self-worth, and a greater appreciation for life. They may also forge stronger relationships with friends and loved ones.
- Practice self-care. Pay attention to your own needs and feelings. 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.



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