

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.

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

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