

## **Resiliency**

How can we stay mentally healthy in the midst of our voyage through today's stressful world? It all begins with awareness. We need to stay alert to the signs and signals of 'stormy weather' as we navigate through the challenges of everyday life, and we need to notice when our usual resilience is compromised and our ability to steer a balanced course is threatened.

## **Resilience**

Resilience is the ability to adapt to and bounce back from life's changes, adversities and setbacks. When we are resilient, we are able to harness our inner resources in order to keep going forward. Being resilient won't make our problems go away, but resilience can give us the ability to navigate through them, find the enjoyment in life and better cope with stress. If we lack resilience, we may stall or go backwards, dwell on our problems, feel victimized, become easily overwhelmed or turn to unhealthy coping habits, and we are more likely to suffer from mental health conditions such as depression and anxiety. So how can we become more resilient?

## **Useful Tips to Increase Personal Resilience**

- Nurture and build support of the people most important in our lives – share with them and lean on each other for support in stormy times. Resilience isn't about toughing it out, being heroic or going it alone. In fact, being able to reach out to others for support is a key component of being resilient.
- Consult a health professional early on when experiencing the symptoms of depression, anxiety or burnout – early diagnosis and treatment can help us stay on course.
- Stay physically fit, eat a nutritious diet and set aside time for enjoyable activities.
- Maintain a healthy balance of personal, family and work priorities.
- Learn to be optimistic. Research shows that people who don't give up and are resilient have a habit of interpreting setbacks as temporary and changeable. This optimistic response can be practiced and improved over time.

## **Building Resiliency – At Home**

What can we do to create and enhance resilience for our children and families as they mature? To be resilient, children need a strong, positive emotional attachment to a nurturing adult throughout their childhood. Parental figures can provide them with the attention, guidance and support they need in the following ways:

- Expose children to a variety of learning opportunities to help them develop awareness, imagination, know-how, initiative and decision-making skills. Praise children for their efforts and accomplishments.
- Families who talk about how they feel help young people learn to identify their own feelings and communicate them to others. Managing difficult emotions (such as anger or anxiety) builds resilience.

- Teach children to have more positive thoughts about themselves. This can help them to reduce stress, improve their performance (at school, in sports and music) and have fewer risks of mental health problems.
- Accept and respect teens’ increasing need for independence.
- Teach children to be flexible, to make decisions, to solve problems, and to set appropriate goals and persevere to attain them. Teach by example by providing firm, clearly defined rules and the reasons for the rules, but being flexible when appropriate.
- Keep your own spousal/partner relationship healthy. A supportive, stable relationship, with an open display of love, warmth and good communication, fosters resilience in young people.

### **For more information access your EAP.**

Remember that your confidential **Employee Assistance Program (EAP)** is available and accessible 24/7/365.

Contact your EAP at **1.844.880.9142** or visit **[workhealthlife.com](http://workhealthlife.com)**.