

Resiliency Tips

Resiliency is something which can be learned and developed. To varying degrees we are all resilient. The ability to adapt and adjust to the difficulties and challenges that present themselves to us is a trait that is built-in to all individuals. Some challenges require that we maximize our resiliency. Doing so may require some effort but the payoff in the long run is well worth it. Here are a few tips for enhancing resilience that are applicable any time of year.

1. **Live in the moment**---when faced with challenges and stressors it is easy to get caught up in repeatedly worrying about 'what's next...' or 'what if...'. This unnecessary stress and anxiety makes everything we need to do more difficult. Living in the moment allows us to focus on the task at hand. This helps us be more successful in accomplishing whatever step is directly in front of us. Remember, worry is like a rocking chair...it gives you something to do, but it gets you nowhere.
2. **Be Flexible**---Although routines and structure can be extremely important for re-establishing stability following a tragedy, the resilient person also knows how and when to be flexible. Trying a new method to solve a new problem (or an old one) can lead to creative strategies for dealing with whatever stresses and challenges are facing us. The new strategies can broaden our overall problem-solving abilities and serve to open up new avenues for issues or challenges that occur in the future.
3. **Stay Connected**---The notion that 'no one recovers in isolation' is one that is vitally important, particularly following significant tragedies or traumatic events. Relying on friends, families, and colleagues to provide support, distraction, humor, and the knowledge that we are not alone, is an important step in being resilient. Those who care about us can provide a wide variety of opportunities to get through difficult times. Identify those you can lean on in those moments when the challenges get particularly difficult, then reach out to those individuals when tough times arise. Resist the temptation to 'suffer in silence' when a friendly face or voice is available to help.



1-844-STRONG1