



Developing Your

Resilience

Building resilience involves taking steps and preparing for adverse events both practically and emotionally, before adversity occurs. Having sufficient and varied skills or tools available can assist with being able to better function during and through times of challenge. Try adding some of these to your resilience repertoire:

Tips for Building Resilience:

- Develop and maintain positive relationships. This includes family, friends and coworkers. Surround yourself with people who build you up and let go of negative influences.
- Practice optimism.
- Instill hope. Take a deep breath and move toward the future.
- Re-frame your thoughts and words regarding adversity.
- Practice altruism. The best way to get out of your head is to help others.
- Increase flexibility. Try to do things a different way.
- Focus on self-care. Get an annual physical. Improve diet and exercise.
- Learn the resources in your area for assistance during/post traumatic events.

There are a number of ways to develop resilience. Above are tips to help you get started, but for more information and additional resources regarding resiliency, reach out to your EAP. We are here for you. Call or visit our site at EAP4YOU.com