

# RESILIENCE

## FACING CHALLENGES WITH STRENGTH



### What does resilience mean?

Life has problems and tough times, to be sure. Being resilient is about looking at those challenges from a different angle. When you do that, you can bounce back more easily. And even learn from stressful situations.

In what ways are you resilient right now?

  
  

### WHAT'S MOST IMPORTANT TO YOU?

**Making good decisions.** When you can think clearly under stress, you can handle the problems that come your way.

**Having self-confidence.** When you manage tough situations, it makes you feel good. You're ready for future challenges.

**Being able to bounce back.** Resilient people don't let hard times stop them from moving forward. Sounds smart, doesn't it?

**Having strong relationships.** Connections with family or other social networks can help you build resilience and feel hopeful.

**Seeing the positive.** When you find meaning in life's experiences, they're easier to handle. And it helps you feel at peace.

### TRY THIS AT HOME

Find a calm, quiet space where you can think about something stressful that happened in your life. Consider how you grew because of the situation. Focus on the positive parts of that growth. Then think of a way you would handle the situation even better next time.

### FIVE WAYS TO GET STARTED



**Take five.** When you're stressed, take five minutes to walk, stretch or take deep breaths. It can help you put things in perspective and think of creative solutions.



**Find a role model.** Notice the people in your life who deal well with stress. Their positive approach may help improve your coping skills. Watch and learn.



**Know your limits.** Change what you can, accept what you can't and know there are limits to what one person can do.



**Add play to your day.** Spend 10 minutes doing an activity that makes you happy. It can boost your energy for other tasks.



**Ask your future self.** When facing a challenge, imagine yourself five years from now. What advice would you give yourself?

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## REALLY? I DIDN'T KNOW THAT!

- The body can react to stress with a fight-or-flight response, even if the event isn't life-threatening. (Think work pressure or a traffic jam.)
- Whether you're optimistic or pessimistic can affect your stress level. It can also affect your life span, how often you get colds and your risk of death from heart disease.
- Deep, slow breathing can slow the heartbeat. It can also lower or stabilize blood pressure. Shallow breathing can make you feel short of breath or anxious.
- The body is set up to handle stress and then return to normal. When stress doesn't go away, it can increase your risk of anxiety, heart disease, sleep problems and more.



## WRITE YOUR PERSONAL VISION

Create a short phrase capturing a benefit of resilience, whichever benefit is most important to you. Say it anytime you start to veer from your new path.

**Example:** I learn from every experience.

**My personal vision**

## WHO SUPPORTS YOU IN YOUR EFFORTS TOWARD BEING RESILIENT?

## PLAN FOR YOUR ROADBLOCKS

We all encounter roadblocks from time to time. Try planning ahead with this technique recommended by personal-change experts: First, envision the benefits of reaching your goal, starting with your personal vision. Then, imagine your biggest roadblocks and how you'll get past them.

ROADBLOCK	STRATEGY
I might avoid a problem if it's unpleasant.	I'll talk to a friend or family member who I can trust to help me handle the issue.