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Fostering Resilience

How resilient are you? During a personal crisis, some people are more resilient than others. Resilience is more than coping; it's about confronting crises and difficult situations without getting overwhelmed by them. Resilient people are better able to handle life's stressors and adapt to changing situations. Being resilient can help protect you from depression, stress and anxiety, too.

Resilience can be strengthened and nurtured in adults and children by improving self-esteem, developing a strong system of social support and taking care of your physical and mental health.

- Tips for Improving Resiliency

Tips for Improving Resiliency

Maintain Strong Connections With Family and Friends

Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times.

Avoid Viewing Problems as Insurmountable

You have probably handled and survived difficult situations in the past—and maybe even learned from those difficult experiences. Learn from these past experiences and be confident that you will get through a current crisis, too.

Accept That Change is Part of Living

The reality is that certain things cannot be controlled. What's important is how you respond to the situation. Accepting the change makes it easier to move forward with your life.

Keep a Long-term Perspective and Hopeful Outlook

Even though your feelings may be overwhelming at times, try to stay positive. Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.

Take Care of Your Physical and Mental Health

It's especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise. Alcohol and caffeine can increase stress levels; avoid or reduce consumption.

Get Support and Resources From Your Employee Assistance Program

If you need help dealing with a personal crisis, or would like additional resources and strategies for improving your resilience, contact your employee assistance program for confidential counseling and other services.

Search for a Provider

Counselor (/groWeb/s/serviceSearch/counselor.xhtml?
nodeId=280019&searchType=new&conversationContext=9)
To obtain a referral to a local provider for face-to-face evaluation in your community for assistance with emotional issues.

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