

MENTAL HEALTH MOMENT

BUILDING RESILIENCY

Resiliency is being able to bounce back from stress, challenge, tragedy, trauma or adversity. The great news about resiliency is: it can be developed and nurtured in **all people**. All of us could benefit from nurturing *resiliency skills*. **Here are a few tips!**

SUPPORTIVE RELATIONSHIPS

While we need self-reliance & determination to make it through adversity, the reliable presence of another person helps us with coping and sharing our adversity. Adversity can lead us to connect to another person, a community or a peer at work. Who is your peer support at work? Do you need to find one? A trusted family member or friend?



NURTURE OPTIMISM

One of the key characteristics of resilient people is optimism. It isn't about avoiding negative situations but focusing on *opportunities in every situation*. For instance, "It's raining today. What are some things I can do now that I would avoid doing if it was sunny?"

BELIEVE THAT PEOPLE CAN CHANGE

People that are resilient believe 2 things: They can change and other people can change. In a study on resiliency, children that believed people could change reported experiencing less stress & anxiety and had better physical health than children that were taught *bullies will always be bullies* and *victims will always be victims*. Our body responds to our thinking patterns.

FOCUS ON SOLUTIONS

People with resiliency deal with adversity or stress focusing **FIRST** on solving a situation versus blaming or complaining about being in a situation. They do this by asking these questions: What has worked before? How can I break this problem down into smaller pieces? What are some ideas for solving this? Let's list a bunch of ideas before critiquing them. I can't go back and fix the problem in the past... What can I do right now?

WORK ON RESILIENCY

There is no resiliency gene. The potential for greater resiliency lies in all of us. People with resiliency work on self-care and seek help when needed. Your company's EAP prepays for professional & private counseling. Counseling is a great way to develop your mental health resiliency the same way a person goes to the gym to develop better physical fitness!

Source: American Psychological Association (APA)

The **Employee Assistance Plan (EAP)** is provided by your employer.

To schedule private and confidential counseling sessions:

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1 800 342 5653



www.bowencenter.org