

# Building Resiliency

Resiliency is the ability to adjust successfully to life's challenges. Whether it's the death of a loved one, job loss, serious illness, or a financial setback, resilient people will draw on their inner strength and rebound more quickly than the less resilient who have a tendency to feel overwhelmed and victimized.

Resilient folks generally remain stable and can function adequately even when surrounded by disorder and chaos. Although they are not immune to stress and may experience temporary changes such as sleeplessness or distraction, they will rebound quickly. Resiliency serves as a defense against such conditions as depression, anxiety, and post-traumatic stress disorder. Fortunately, resilience is built on thoughts and behaviors which can be learned. The following strategies will help:

- **Establish realistic goals:** Instead of setting arduous goals, try smaller ones you can attain. Do something every day that gives you a sense of accomplishment.
- **Recognize that change is inevitable:** Understanding that change occurs on a regular basis makes it easier to tolerate and adapt to change. Be flexible and try not to let minor adjustments upset you. Learn to recognize and accept that certain circumstances cannot be changed.
- **Develop strong connections:** Build solid positive relationships with friends and family who can offer support and listen to your concerns. Civic groups, faith-based organizations, and social groups can provide this support. Giving time to volunteer and assist others is very beneficial also.
- **Cultivate a positive self-concept:** Remember how you coped with difficulties in the past. Build on what helped during tough times and reject the actions which did not help. Trust yourself to solve problems. Nurturing your self-esteem allows you to have a sense of control over the difficult situations you will encounter.
- **Care for yourself:** Pay attention to your needs and feelings. With your doctor's permission, exercise regularly. Participate in enjoyable activities and take time for hobbies. Get plenty of sleep and eat well.
- **Take action:** Don't just ignore stresses and problems. Figure out what needs to be done and how you can accomplish it.
- **Maintain perspective:** Look beyond present events to see how circumstances are likely to improve. Notice subtle ways in which you are beginning to feel better as you deal with difficult situations.
- **Enjoy humor:** Laughing and joking are helpful! Humor doesn't mean you are in denial or irreverent. Instead, it is a beneficial coping mechanism.

Copyright 2014 Carebridge Corporation All rights reserved.