

The Art of Bouncing Back

After a crisis, why do some people struggle to cope, while others emerge stronger? The latter have resilience – the ability to adapt in tough times. Here's the good news: You can build your own resilience¹.

People who lack resilience, tend to dwell on things that have gone wrong. They may feel like powerless victims or as people who deserve to suffer. They may turn to “self-help” strategies that can harm them, such as using alcohol or drugs.

Resilient people may feel stress, anxiety, grief, or fear. But they learn from each crisis, building skills that help them bounce back.

So how can you build your resilience?

Try these tips:

- **Get connected.** Build strong, positive relationships with others who can offer support and solutions.
 - **Give thanks.** Make a list of the top five things you are grateful for. Reflecting on this list can help you see your life in a more positive light.
 - **Turn emotion into action.** After a crisis, find a way to help others cope. Doing so can help you find a sense of purpose and make a difference for others.
 - **Think differently.** Start thinking of problems as opportunities to dream up creative solutions, and mistakes as chances for growth.
 - **Find the humor.** Humor is a good way to cope when life gets tough.
 - **Remember success.** Think of how you've coped with hard times in the past – and thrived. This can give you the confidence to deal with tough times down the road.
- **Remain hopeful.** While you may not be able to change events, look toward the future and stay positive. You can change how you react to events.
 - **Be resourceful.** Beyond family and friends, there are many other sources of support available. Support groups (online or in-person), books and online resources are just a few examples.

Remember, your Employee Assistance Program (EAP) is also here for you 24 hours a day, seven days a week. If you need help, call your EAP using your organization's toll-free access number (listed below). We'll connect or refer you to a professional who can help. If you have thoughts of hurting yourself or others, call your EAP or go to the hospital immediately.

Need help?

Call toll-free, 24 hours a day,
seven days a week:

1-866-EAP-4SOC | 1-866-327-4762

TTY users should call 1-800-327-0801.

Or visit us at: **eap4soc.mhn.com**
and register with the company
code: **soc**

¹“Resilience: Build skills to endure hardship.” Mayo Clinic.
<http://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311?pg=1>.