

EMPLOYEE ASSISTANCE PROGRAM

BUILDING RESILIENCE: YOUR TRUE GRIT

Resilience and true grit help people persevere through life's challenges, and can be developed by practicing positive ways of thinking and behaving. Anyone can learn to be more resilient and deal more effectively with stress. Lifestyle factors that enhance resilience and grit include:

- **Building and maintaining supportive relationships.** No man (or woman) is an island. Connecting with positive, caring people inside and outside the family is vital for emotional health.
- **Making self-care a priority.** Making time for regular exercise, eating healthy foods, getting adequate sleep, and participating in enjoyable hobbies and activities may take discipline and careful planning when one has a busy schedule. But good self-care is a hallmark of resilience.
- **Being flexible and open to change.** Embracing, rather than resisting change, can lead to opportunities for learning and growth. Even hardships and personal crises can lead to stronger relationships, personal development, and a deeper capacity to appreciate others and make the most of life.

Maintaining a positive attitude is another way to develop grit. Looking for solutions to overcome obstacles, and then taking decisive actions, can help people build trust and confidence in their own skills and abilities, and stay on course to meet their goals. Determination and persistence make a person "grittier" and able to withstand life's inevitable setbacks.

Keeping the "big picture" in mind can also help one maintain perspective and not blow things out of proportion. In the context of a lifetime, events that seem overwhelming today may be nearly forgotten with the passage of time. The mantra "this too shall pass" can be a useful reminder of this truth.

Resilience Resources:

U.S. Department of State

American Psychological Association

