

EMPLOYEE ASSISTANCE PROGRAM



STRESS AND RESILIENCE

The way we manage stress has a lot to do with our emotional and physical health. When our lives are in balance, we're better able to handle setbacks and crises. We are more flexible and can "go with the flow." This inner strength is called resilience.

No one can escape life's difficulties, but we can learn positive ways to cope with adversity.

SOME WAYS TO BOOST RESILIENCE INCLUDE THE FOLLOWING:

- **Make a point of connecting with positive people.** Surround yourself with upbeat people, and it will be easier for you to maintain a positive attitude yourself. Maintaining caring and supportive relationships with family and friends is a key ingredient in emotional health.
- **Keep things in perspective.** Sometimes it's tempting to blow events out of proportion or focus only on the negative. However, the challenges you face today may seem like a very distant memory a year from now. Remember that there are many obstacles you've overcome in the past, and you have the skills, abilities, and experience to cope with the current stresses and challenges in your life.
- **Treat yourself as you would a dear friend.** Sometimes we are our own harshest critics and our own worst enemies. Be as forgiving and gentle with yourself as you would be with a friend.
- **Get enough exercise and sleep, and make time every day for activities you enjoy.** It seems simple, but too often we focus on others at the expense of taking care of ourselves. Getting enough rest, eating healthy foods, and making time for fun activities will help you feel calm and content.
- **Take action when you can.** Many life events are out of your control. But when you do have an opportunity to make decisions, trust your instincts and move forward. People who live their lives with a sense of purpose and meaning report greater satisfaction and contentment than people who don't feel as engaged with their work or community.



CAL HR

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

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