



# solutions



Resilience is about thriving, not just surviving. It is an attitude that helps you bounce back and participate more fully in life—getting back on your feet even after life has thrown you a curveball.

## 1. Build up your reserves

Having good resilience is often about having a positive attitude and good reserves of energy, patience, health, sleep, etc. These reserves can be built up by:

- Eating well – choosing nutrient-rich foods can boost your health reserves.
- Having occasional downtime – taking five minutes for yourself without distractions, including electronics (see the mini vacations section on the second page for ideas).
- Training your mind and emotions – practicing deep relaxation and meditation can help you naturally become less reactive and more patient.
- Getting quality sleep on a regular basis.
- Connecting with others – spending quality time with friends and loved ones can be beneficial to your psychological and physical health.

# BOUNCE BACK

Six Ways to Be More Resilient



PSC

EAP

The quickest and best way to contact the  
EAP is by calling **1-800-222-0364**



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## 2. Choose wisely

Engage socially to avoid feeling isolated. Look to friends, family, and your local community for support and nurturance. Choose wisely, though, because it is equally important to cultivate those relationships that make you feel good about yourself. This may mean spending less time with those who do not enhance your emotional and mental health.

## 3. Take a creative and flexible approach

Instead of using your usual tactics to solve a problem, try a totally new strategy—you may be surprised when things work out better than you imagined.

## 4. Leave your ego at the door

Not taking things personally can often help lessen the impact of an event. If you look at the situation objectively, for example, you may see that the other person collided with you accidentally. Giving yourself distance from the situation can help you get a clearer picture.

## 5. Play the hand you have been dealt

Of course, things could be better. However, situations that look like a “losing hand” can often turn around if played skillfully. Stay in the game and remind yourself to stay positive with the following affirmations:

- “I am good enough.”
- “I am capable and strong.”
- “I can handle this, I have managed hard times successfully before.”

Affirmations can help you retrain your thinking to be more positive and accepting—adding more bounce to your resiliency.

## 6. Get a boost

Sometimes, you need outside help. It could be anything from asking for respite from caregiving to seeking out close friends or family to lend a listening ear.

Some people may need the help of a qualified professional to provide them with the necessary tools and guidance to help them bounce back. Do not hesitate to reach out to your Employee Assistance Program (EAP) when you feel like you could use more support or encouragement.

## FIVE MINI VACATIONS THAT CAN HELP YOU BUILD YOUR RESERVES

Sometimes you just need a vacation—even a short one. Instead of heading to your car or the airport, try one of the mini vacations listed. These retreats are a great way to add to your resiliency reserves.

### *Sound experience*

Set some time aside in your day to listen to some relaxing music. Find something that helps you slow your breathing and calms your mind and body. Just allow yourself to be swept away by the music. Set a timer, too, so you can return to your routine.

### *Take yourself on a date*

Schedule an appointment for a facial or a massage. Or, go out to the movies or a play—something inspiring or a light comedy to make you laugh. Treating yourself can be just what you need to help you bounce back.

### *Take time off*

A 15-minute meditation can help you return to your everyday existence refreshed and rejuvenated. Meditating on a regular basis is also an excellent way to help you build up your reserves, increase your ability to be patient, and slow down your reaction time—all things that can help you be more balanced and revitalized.

### *Find your zone*

Explore things that put you in your zone of being absorbed in an activity—allowing other concerns to melt away. Some people get into their zone by running, swimming, drawing, painting, knitting, etc. These times allow you to be so immersed in the moment that your mind is able to relax and recover.

### *Enjoy nutrition mindfully*

Treat yourself to some tasty and healthy fruits and veggies. Set aside some time away from distractions, then mindfully eat a healthy salad or other nutritious meal. Go slowly and take your time to be fully present as you eat.

Give one of these ideas a try and see how it feels to “get away,” even if it is only for a short period of time. These regular mini vacations can help you feel more balanced and resilient.

## Employee Assistance Program

**24**  
HOURS A DAY

**1-800-222-0364**

TTY: 1-888-262-7848

FOH4You.com