

# Building Resilience

Resilience refers to the ability to adapt, recover, and bounce back from adversity, challenges, or stressful situations. It is the capacity to withstand and navigate through difficult circumstances, setbacks, or trauma, and emerge stronger and more capable.

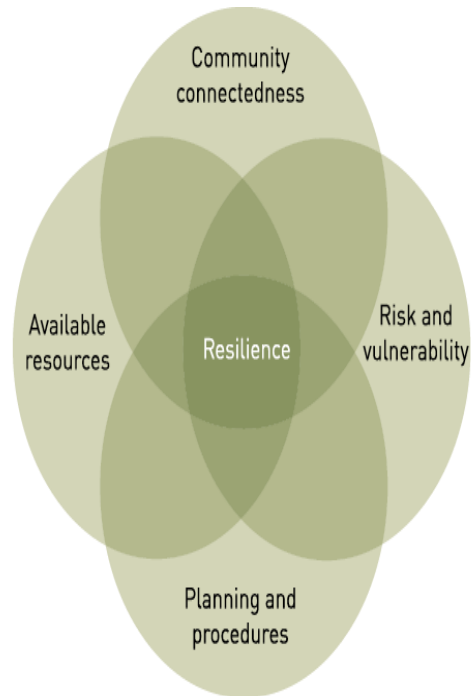
Resilience is not about avoiding or denying the difficulties of life but rather developing the psychological and emotional tools to effectively cope with them. It involves having a positive mindset, emotional strength, and the ability to problem-solve, manage stress, and maintain a sense of well-being in the face of adversity.

## Characteristics of resilient individuals often include:

**Positive mindset:** Resilient individuals tend to have an optimistic outlook, focusing on possibilities and opportunities rather than dwelling on negative aspects of a situation. They maintain hope and believe in their ability to overcome challenges.

**Emotional regulation:** Resilient individuals have the ability to manage and regulate their emotions. They can acknowledge and express their

emotions in a healthy manner while also maintaining control over their reactions and behaviors.



**Adaptability:** Resilient individuals are flexible and open to change. They can adjust their thoughts, behaviors, and strategies in response to new circumstances, allowing them to effectively cope and find solutions.

**Social support:** Resilient individuals often have a strong support system. They reach out to friends, family, or other sources of support when facing challenges, and they are willing to seek and accept help when needed.

**Problem-solving skills:** Resilient individuals are proactive in finding solutions and taking action. They approach challenges with a problem-solving mindset, breaking down problems into manageable steps and seeking out resources or assistance as necessary.

**Self-care and coping strategies:** Resilient individuals prioritize self-care and develop healthy coping mechanisms to manage stress. They engage in activities that promote well-being, such as exercise, relaxation techniques, hobbies, or seeking professional support when needed.

**Learning and growth:** Resilient individuals view challenges as opportunities for personal growth and learning. They can extract valuable lessons from difficult experiences and use them to build resilience for future challenges.

It's important to note that resilience is not an innate trait but can be developed and strengthened over time.



**Self-care. Connect**

**Contact your EAP at  
1-877-747-1200**