Tips for Improving Resiliency

Resilience can be strengthened and nurtured in adults and children by improving self-esteem, developing a strong system of social support, and taking care of your physical and mental health.

Avoid viewing problems as insurmountable
You have probably handled and survived difficult situations in the past—and maybe even learned from those difficult experiences. Learn from these past experiences and be confident that you will get through a current crisis, too.

Accept that change is part of living
The reality is that certain things cannot be controlled. What’s important is how you respond to the situation. Accepting the change makes it easier to move forward with your life.

Take care of your physical and mental health
It’s especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise. Alcohol and caffeine can increase stress levels; avoid or reduce consumption.

Maintain strong connections with family and friends
Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times. When you cannot be physically present with your support network, find other ways to connect — call, video chat, send an email or write a card.

Get support and resources from your Employee Assistance program
If you need help dealing with a personal crisis or would like additional resources and strategies for improving your resilience, contact your employee assistance program for confidential counseling and other services.

EmployeeConnectSM offers professional, confidential services to help you and your loved ones improve your quality of life. You and your family can access services 24/7. For information and referrals on family matters, legal information and financial guidance:

- Visit GuidanceResources.com
  - Username: LFGSupport
  - Password: LFGSupport1
- Download the GuidanceNowSM mobile app
- Call 888-628-4824

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