



RESOURCES FROM THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

EMPLOYEE ASSISTANCE PROGRAM • 754-322-9900
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What is Resilience?

Resilience is defined as one's ability to recover from or adjust easily to misfortune or change. The death of a loved one, loss of a job, a major tragedy and other traumatic events: these are all examples of very challenging life experiences. Resilience helps us to adapt to and heal from the impacts that these experiences bring such as anger, sadness, and trauma. It is important to work on ways that we can build resilience in preparation for when life throw's us challenges so that we are able to cope, recover and thrive.

Ways to Build Resilience

- **Practice Being Present** Engage in activities that help with being present in the moment such as meditation or Mindfulness.
- **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing.
- **Make connections.** Build healthy relationships with close family members, friends or others by accepting help and support from those who care about you and offering support to others as well.
- **Accept that change is a part of living.** Accepting circumstances that cannot be changed helps to focus on circumstances that you can alter.

Links:

- 1). American Psychological Assn.- Road to Resilience
- 2). The Bounce Back Project- Resilience
- 3). Think Resilience

Note: added below for easy inclusion. Above are the titles, below are the links.

1. <https://www.apa.org/helpcenter/road-resilience>
2. <https://www.bouncebackproject.org/resilience/>
3. <https://education.resilience.org/>

“Do not judge me by my success, judge me by how many times I fell down and got back up again.”

— Nelson Mandela



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