




## The Power of Resilience

A resilient person is able to adapt in the face of adversity and bounce back from challenging experiences. Try these strategies for increasing your resilience:

- **Avoid viewing a crisis as the end of the world.** You can't stop stressful events from happening, but you can control your reaction to them. Focusing on the big picture will help you cope with the immediate situation.
  - **Accept that change is a part of living.** An unexpected change may affect your future. Accepting that life sometimes throws you a curveball may make it easier to adjust your goals or switch to a back-up plan.
  - **Look for the silver lining.** While giving yourself time to adjust to a change or loss is important, stay open to new possibilities. Short-term setbacks sometimes lead to positive life changes.
  - **Become a problem-solver.** Look for practical ways to improve your situation. If you are uncertain about your next step, do some research or consult with someone who has had a similar experience.
  - **Trust your instincts.** Recognize your ability to handle difficulties and weather challenges. Look for ways to adapt to the situation while remaining open to the possibility of change.
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- **Be open to growth.** People who have experienced personal challenges sometimes emerge with an increased sense of personal strength or self-worth. They may also forge stronger relationships with friends and loved ones or have a greater appreciation for life.
  - **Practice self-care.** Pay attention to how you are feeling and what you need. Exercise regularly, get enough sleep, eat a healthy diet, and limit your alcohol consumption. Creative or meditative pursuits may help you process difficult experiences and manage your emotions.
  - **Ask for help.** Knowing when to seek assistance is key to maintaining your resilience. LifeMatters is available to provide emotional support and practical advice. Call 24/7/365.

## 1-800-634-6433

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