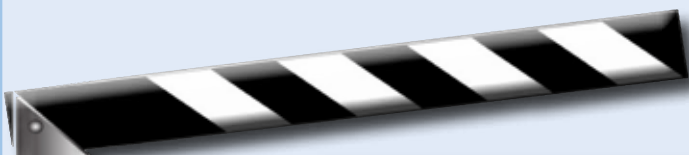


## FOUR KEYS TO RESILIENCE

We all face challenging situations that create a tremendous amount of stress on our mental and physical health. A sudden health scare, a community damaged by a storm, or the loss of a loved one, are all examples of the adversities we commonly endure.

Resilience is the ability to withstand these stressors, and to adapt to them in speedy, yet healthful ways. We are not born with resilience, but the following four keys help us learn it over time.

- Knowledge – having the information and skill sets that support healthy, happy living
- Experience – learning from life's experiences and growing in positive, productive ways
- Support - identifying relationships, morals, and overall outlook on life
- Practice – being mindful of our behavior, thoughts, and actions and repeatedly practicing resilience building skills



### *Coach's Quick Take*

\*Being resilient doesn't mean going through life without experiencing stress and pain. You cannot avoid grief, sadness, and a range of other emotions in response to life's challenges.

\*The road to resilience lies in working through the emotions and effects of stress and painful events.

Contact your Wellness Coach to get started on an individualized plan to build your emotional and physical resilience, or to use as your personal support system.

## ARE YOU RESILIENT?

Do you need to build your level of resilience? **Answer "yes," "sometimes," or "no" to the following traits of emotionally resilient people.**

1. Do you know your boundaries (the separation between who you are at your core and the cause for your temporary suffering)?  
Yes ☐ Sometimes ☐ No ☐
2. Are you self-aware of your physical and mental needs, and do you know when to reach out?  
Yes ☐ Sometimes ☐ No ☐
3. Do you have a strong support network you can count on in times of need?  
Yes ☐ Sometimes ☐ No ☐
4. Do you accept the things that you cannot change, and believe you can bounce back after tragedy?  
Yes ☐ Sometimes ☐ No ☐
5. Do you practice mindfulness, or being present in a moment without judgment or avoidance?  
Yes ☐ Sometimes ☐ No ☐
6. Do you accept that you do not have all the answers?  
Yes ☐ Sometimes ☐ No ☐
7. Do you practice good self-care habits to support yourself when you need it most?  
Yes ☐ Sometimes ☐ No ☐
8. Do you consider other possible interpretations of the events in your life? (i.e. Can this situation be looked at in a different way that I haven't been considering?)  
Yes ☐ Sometimes ☐ No ☐

Your answers can help you to determine what you need to focus on to build your emotional and physical resilience.

### RESOURCES

[www.mayoclinic.org](http://www.mayoclinic.org)

[www.psychologytoday.com.com](http://www.psychologytoday.com.com)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)

## BUILDING RESILIENCE TAKES PRACTICE

- **Connect with others.** Strong connections with friends, family, and coworkers can provide you with the support you need to withstand many of life's experiences. Surround yourself with people who have positive attitudes and the values and morals that will support and sustain your needs in difficult times. Consider volunteering or joining a faith or spiritual community to expand your support network.
- **Make each day count.** Set small, attainable goals each day to give yourself a sense of purpose and achievement. Set long-term goals to help you look forward to a meaningful future. Reflect positively on what you have been able to accomplish each day.
- **Learn from your experiences.** Recall how you handled difficult situations in the past and consider what helped you through it. Who did you go to for help? What did you do to take care of yourself? What could you have done differently? Keeping track of your experiences in a journal may help you identify positive and negative behavior patterns and provide you with insight and direction for future behavior.
- **Hold on to hope.** Believe in the possibilities. By learning to accept the changes and challenges that roll your way, and how to anticipate them, adapting to these changes will come easier to you over time.
- **Focus on what is ahead, not behind.** We all make mistakes and success is often built on many failures. The future is still something you can change for the better, so concentrate on shaping it.
- **Put your health first.** Make your health top priority and take the time necessary to tend to your own physical and emotional needs. Continue participating in activities and hobbies that you enjoy most. Try to incorporate physical activity into your routine, such as a long walk with a friend or a bike ride to the park. Do your best to maintain a healthy diet and get at least 7-9 hours of sleep per night. Get into a routine of practicing stress management and relaxation techniques, such as yoga, meditation, deep breathing or prayer.
- **Take action.** Instead of being afraid of your problems or ignoring them, figure out what you need to do, make a plan, and do it! It may take some time to recover from traumatic events, but your recovery will be expedited by maintaining a positive outlook and acknowledging that your situation can improve if you work at it.

## PRACTICE POSITIVITY!

Jot down a stressful event that occurred in the past 6 months:

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How did you handle this event (emotionally, physically, socially)? \_\_\_\_\_

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List some positive outcomes resulting from this event. What have you learned about your experience that you can apply in the future?

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