

# Resilience-building Techniques



Stress takes a physical toll on the body. It causes fatigue, tension, nervousness and loss of appetite. The key to avoiding these tolls and keeping stress in check is resilience, which can be strengthened by improving self-esteem, developing a strong system of social support and taking care of your physical and mental health. Here's how:

**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.

**Avoid Viewing Problems as Insurmountable.** You have probably handled and survived difficult situations in the past. Learn from these past experiences and be confident that you will get through the 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.

**Keep a Long-term Perspective and Hopeful Outlook.** Even though your feelings may be overwhelming at times, try to stay positive. Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.

**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 their consumption.

**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.

## Here when you need us.

Call: 833-515-0771 | TTY: 800.697.0353

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# Learning to Accept Change



Learning to roll with change will lead to a happier and more fulfilling life. That doesn't mean ignoring feelings of sadness, anger, frustration or stress. These are normal responses to major life changes. But once you have acknowledged those feelings, it is important to move forward and focus your energy on what's possible.

The following are some simple, solid steps you can take to turn unexpected transitions into positive outcomes:

- **Reflect and refocus:** take stock of your personal assets and express gratitude, such as, "I can deal with this. I still have my ability to think, my special talents, my skills and my aspirations. I'm grateful for relationships and for my family."
- **Ask yourself some important questions:** "How do I want to feel three months from now? What will it take to get there? What does my ideal week look like? What can I do to realize that? Who can help with that?"
- **Choose:** decide what you want as the next chapter of your life. Simply choosing doesn't guarantee you'll get it, but the power of your intentions makes a huge difference.
- **Take action:** start by visualizing how you want to feel or where you want to be three months from now. Work back from this goal until you find something small enough that you can do today, tomorrow or next week.

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# Surviving the Storm

In turbulent times, your Employee Assistance Program is a lifeline. Our counseling, self-improvement tools and solutions for everyday issues can help you weather any storm, at home or at work. The services are free, confidential and available all day, every day to you and your household members.

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