

# Employee Assistance Program

## Empowering Resiliency

Overcoming setbacks in life with relative ease means that you are resilient. You build a sense of courage, strength and confidence. “People with resilience have a greater sense of control over their lives, says psychologist Robert Brooks, PhD.” That makes them more willing to take risks.

So, how do you make yourself more resilient? Here are 10 things to focus on:

1. **Stay Flexible** — Resilient people expect to face challenges at different points in their lives. They are able to adjust their goals and find ways to adapt.
2. **Learn Lessons** — When a tough situation arises, don’t focus on who is to blame. Let go of asking “Why me?” and feeling like a victim. Ask yourself what you could do differently next time to have a better result.
3. **Take Action** — Think about what you can do to improve your situation, and then do it. For example, if your boss cuts back your hours at work, you could look at it as a chance to explore other job options. In the long run, it could bring about career growth.
4. **Stay Connected** — Nurture your relationships with friends and family. When you’re going through a hard time, don’t withdraw from other people. Accept help from those who care about you.
5. **Release Tension** — Make sure you have outlets to express your emotions and let go of tension by doing yoga, hanging out with your friends, or painting a picture.
6. **Have a Sense of Purpose** — Do things that bring meaning to your life. That may be spending time with your family, but volunteering or other work for a cause can also make you feel stronger.
7. **Learn Healthy Habits** — You will manage your stressful times better if you exercise regularly, eat a balanced diet, and take some time to rest.
8. **Believe in Yourself** — Take pride in your abilities and what you’ve done. Recognize your personal strengths.
9. **Keep Laughing** — Hold on to your sense of humor even when times are tough. Laughter relieves stress and helps you keep things in check.
10. **Be Optimistic** — A positive, hopeful outlook will make you much more resilient. Remember that many of the problems you’ll face in life are temporary, and that you have overcome setbacks in the past.

For more information on this topic or further assistance, please contact your Employee Assistance Program.

Uscher, J. (n.d.). How to Overcome Obstacles in Your Life: Resilience. Retrieved from <https://www.webmd.com/mental-health/features/overcome-obstacles-resilience#2>



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