



Building resilience

When your happy gets bumped by your reality: 10 steps to building resilience

- **Maintain good relationships and make connections.** Accept help and support; get active in faith-based organizations or other local groups; assist others in their time of need.
- **Avoid seeing crises as insurmountable problems.** You can't change that stressful events happen, but you can change how you interpret and respond to these events.
- **Accept that change is a part of living.** Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- **Develop realistic goals and move toward them.** Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I can accomplish today that helps me move in the direction I want to go?"
- **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
- **Look for opportunities for self-discovery.** Where is the learning and growth that comes from struggling with loss?
- **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- **Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
- **Maintain a hopeful outlook.** Expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
- **Take care of yourself—mind, body and spirit.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

*Adapted from apa.org

Self-assessments

- Castlight—myStrength: IU Health Plans members
- VIA Strengths Assessment: www.viacharacter.org
- Positivity: www.positivityratio.com

Recommended reading

- *Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life* by Barbara Fredrickson (Harmony Publishing)
- *StrengthsFinder 2.0* by Tom Rath (Gallup Press)
- *The Sleep Revolution: Transforming Your Life, One Night at a Time* by Arianna Huffington (Harmony Publishing)

Web resources

- Greater Good Science Center: <http://greatergood.berkeley.edu/>
- American Psychological Association: www.apa.org



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