



## Learning Resiliency Through Positive Living

EAP Article Series

Where do you find your strength? What helps you get through the day, especially the difficult ones? Have you ever noticed that there are some people who seem to be able to weather everything, while others struggle with the pressure of daily trials? Resiliency, or the ability to move forward, even when there is adversity, is an incredible life skill. Without it, the strength to persevere through a difficult event can seem impossible.

It was once believed the resilient people were the lucky ones; that they were simply born that way. Now, we know that this is not necessarily the case. Resilient people share some very specific habits. Here are a few to consider:

**Reach Out to Someone.** The human touch is very powerful. All you need is *one* positive person to share your emotions with. Knowing that you are being listened to and understood can help increase hope during times of despair. The closeness that you gain from this relationship, either love or friendship, is a powerful tool that helps people bounce back.

**Recognize the Need for Fun.** By letting go, and enjoying an activity that may be perceived as frivolous, we are actually investing in our happiness. Down time enables us to regroup and focus on something other than what is bothering us. People tend to be more creative when they're having fun, which can prove useful when we're to work through difficult times.

**Make Use of Prayer, Meditation and/or Exercise.** For many people, prayer helps them focus on the here and now. For others, exercise, or meditation can be helpful. Find a quiet place that provides you comfort and focus on yourself and your feelings at this time. Be a little selfish – these quiet times can offer you great insight into who you are and what you choose to become.

**Try Something New.** Taking healthy risks stimulates your brain to work in new and creative ways. Try a new sport, plan a trip or learn to paint. This is a great way to add some spice to your life, and motivate you to dream about new possibilities (and you may even stumble across a new hobby).

**Learn the Power of Gratitude.** Open your eyes to the blessings that surround you. Be thankful for the people who have supported you through the difficult times. Notice sunny days, flowers growing, birds chirping. Recognize that every day is a gift.

**Extend Yourself to Others.** One of the most effective ways to forget about your problems is to help others deal with their troubles. Through this, you can build your self-esteem with the knowledge that you are making a difference in someone else's life. You may even develop new friendships with the people you meet, and learn how to approach your own issues in more creative ways.

**Show Your Love to the People Who Surround You.** The power of love can be life-giving in difficult situations. With love comes joy, sincerity and contentment; each one a powerful emotion that can help increase your resiliency. Love builds a solid foundation of support underneath you, helping you withstand whatever comes your way.

Resiliency is a skill that you can practice and improve upon every day. Open your mind to new ways of looking at life, and you may be surprised at the treasures you uncover.

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For additional resources and assistance, visit [www.mutualofomaha.com/eap](http://www.mutualofomaha.com/eap) or call an Employee Assistance Program professional at 1-800-316-2796

## How Resilient Are You?

Read each phrase, and rate how closely it described you. On a scale of 1 to 5:

Isn't like me at all 1 2 3 4 5 Just like me

- Good at bouncing back from difficulties
- See difficulties as temporary
- Focus on taking useful actions during a crisis
- Good at solving problems logically
- Can think of creative solutions to challenges
- Playful
- Curious
- Constantly learning from experience
- Very flexible
- Anticipate problems to avoid them, and expect the unexpected
- Able to tolerate uncertainty about situations
- Feel self-confident
- "Read" people well
- Able to recover emotionally from losses and setbacks
- Keep on going during tough times
- Have been made stronger and better by difficult experiences
- Convert misfortune into good fortune
- Total**

**Scoring instructions:** Count up your score, which will range from 17 to 85. Higher scores represent a greater capacity to bounce back.