



## **Resilience: Build Skills to Endure Hardship**

When life throws you up against a wall, do you shatter or bounce back? When you are resilient, you harness inner strength that helps you rebound from sudden and unexpected life changes. People who lack resilience dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance use.

Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

- 1. Get connected.** Friends and loved ones are guardians of our good health, providing you with needed support and acceptance in both good times and bad. Establish other important connections by volunteering or joining a faith or spiritual community.
- 2. Make everyday meaningful.** Do something every day that gives you a sense of accomplishment and purpose. Set goals to help you look toward the future with meaning.
- 3. Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through previous rough times. Research says we can expect speed bumps every five to seven years down life's highway.
- 4. Remain hopeful.** Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- 5. Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.