

Resiliency — the ability to adjust to change or bounce back from stressful life events.

People who are resilient recover more quickly from disruptive change, illness, or misfortune.

Resilience is an individual experience, different for everybody. Here are some tips that may help you build more resiliency:

Get connected.

Establish or update strong personal networks. Get involved with family, friends, and social groups.

Use humor and laughter.

Remain positive and find the humor in distressing or stressful situations to help yourself cope.

Learn from your experiences.

Recall past hardships and evaluate which coping techniques helped and which did not.

Remain hopeful and optimistic.

Look to the future and take hope in small signs that show the situation is improving.

Take care of yourself.

Eat well, exercise regularly, get enough sleep, and do something for yourself each day.

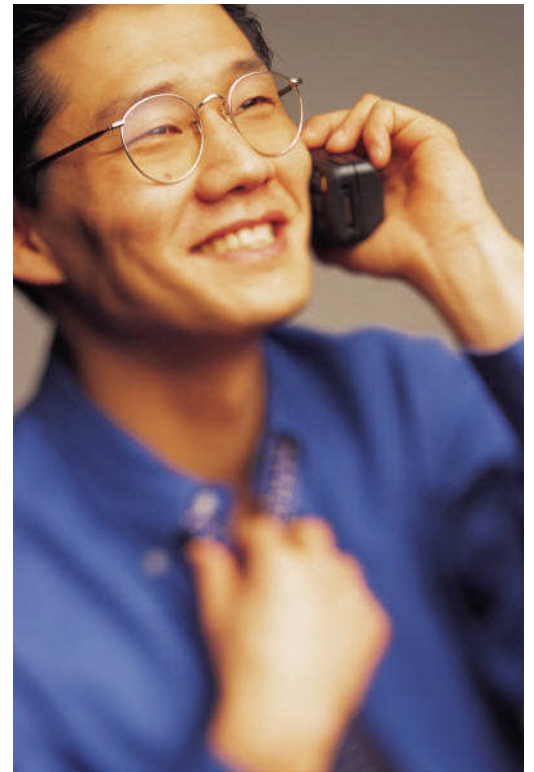
Accept and anticipate change.

Try to be flexible and recognize that change and uncertainty are always a possibility.

Work toward goals and take action. Write goals to stay future-oriented. Use a to-do list for a feeling of control, but recognize that you may not always accomplish all the items. Recognize your accomplishments.

Maintain perspective.

Consider your situation in the long-term, and against larger family or social conditions.



A strong support network can help you maintain resilience.