



CONCERN:EAP

Healthy & Resilient You



Chart Your Course to **RESILIENCE**

Imagine all you could accomplish if you were happier, healthier, and better able to respond to pressures, challenges, and changes. What if you had a few key strategies that would help you cope with stress and be more balanced, resilient, and productive?



Resilience is the ability to persist — even flourish—when handling challenges. Challenges may be major disruptions where we seek to return to stability, or ongoing changes that we assimilate into our lives.

Sometimes in life you are knocked over like a sailor whose sloop is struck by a strong gust of wind. Like that sailor, you must regain your balance and continue to move forward. **Other times you find yourself caught in whitewater like a kayaker going through a long series of rapids. Then it's best to keep paddling and make adjustments as you go.** Whether you are striving to return to stability or learning to live with ongoing changes, resilience skills will help you adapt so you can make the most of your life.

How can you build resilience skills and develop a strategy to thrive in life?

At CONCERN: EAP we talked to a variety of experts and reviewed many studies in personal resilience. After considering all input, we identified six key strategies that anyone can learn. They fit into three categories: **physical, emotional and mental wellbeing.**

We will provide a series of newsletters with each offering tips on a different resilience strategy. There is no one size fits all approach to creating a more resilient life. Why not consider our recommendations and see what makes the most sense for you? Practice one skill at a time and start down the path toward greater wellbeing.

In February, we're excited to launch the Resilience Hub, an ever-evolving online bank of practical resources and on-demand self-help tools to assist you in navigating work, life and relationships. The Resilience Hub will work in harmony with the monthly newsletter and tip-sheet, providing you with more in-depth guidance and strategies to help you manage stress and be more resilient. Think of the Hub as your virtual mentor!



PHYSICAL

Make health a priority by getting a checkup, moving more, eating right and getting enough sleep

EMOTIONAL

Draw on social support networks and increase emotional intelligence

MENTAL

Rethink stressors, focus on what you can control and practice mindful self-awareness

Make health a priority

We all know we need to take care of our health. By focusing on just a few things, like getting regular check-ups, moving more, eating right, taking breaks, and sleeping better, you can dramatically increase your ability to thrive in an environment filled with challenges.

Rethink stressors

Different stressors do not exert absolute amounts of pressure. It is your perception of situations that affects how much pressure you feel. You can learn to change your perceptions so that you remain calm and increase your capacity to act positively. Rethinking stressors will help you view crises and stressors as opportunities rather than catastrophes.

Focus on what you can control

This strategy helps reduce frustration and increase your sphere of influence and confidence over time. When you decrease the amount of time and energy spent on things out of your control and increase focus on where you have control, you will make better decisions, stay on track with your goals, and accomplish more.

Draw on social support networks

Research shows that friends are good medicine and you can benefit mentally, emotionally, and physically by strengthening your real social support networks.

Increase emotional intelligence (EQ)

Much of stress in life is due to issues with family, friends, and co-workers. EQ is about being “people smart.” These skills make you aware of how you interact with others and how to modify your behavior in order to have better relationships.

Practice mindful self-awareness

Being in the moment and non-judgmentally aware of how you think and feel will help you identify your triggers for stress. You will be less self-critical and respond thoughtfully to situations rather than unconsciously react to and possibly escalate tense situations. Mindful self-awareness will help stop negative habitual patterns and increase your ability to focus and behave in a calmer, happier, and more appropriate manner.



Remember: Small habits can lead to big changes!

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222

www.concern-eap.com