

The Art of Resiliency

Events that we can't control will always be part of life. In response, people can become stressed, anxious or feel discouraged. But others are more resilient—they seem to bounce back from life's hard times quickly. The truth is that you too can learn to be more resilient and get through hard times better. Some helpful tips include:

- Remind yourself of your strengths and successes. Thinking about how you got through the trials of the past will help you today.
- Work at staying positive. Keeping an upbeat, hopeful attitude during difficult times can be hard. But steering yourself toward being positive is a key part of resiliency.
- Apply your problem solving skills. When a difficult time occurs, make a list of some of the possible ways you could solve the problem. Be prepared in the future on how you will move forward and shift your focus from the impact of the problem to what you will do next.
- Lean on others around you for help. Sharing your struggles with trusted family or friends can help you get through a crisis. Share problem solving ideas with others.
- Follow the wisdom of the ages. The old saying "This too shall pass" is very true. No matter how bad things might be now, they will not last forever.

Here are some steps you can take to help you be resilient.

Follow healthy habits – In times of stress, you might forget to take care of yourself. But no matter how much time and energy you're spending on problems, be sure to get enough sleep, eat a healthy diet, and get some exercise. This can help you stay strong through tough times.

Practice stress management – Try activities such as yoga, meditation, deep breathing, prayer or muscle relaxation. They can help you stay more balanced.

Continue with valued activities –Remember that the current situation or problem is not the only thing in your life. Carve out some time for being with your family, pursuing your hobbies, and doing whatever means a lot to you.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health Services does not endorse other resources that may be mentioned here.