



Resilience is about thriving, not just surviving. It is a tool for participating as fully as possible in life – getting back on our feet even after life has thrown you a curveball.

Build up your reserves

Having good resilience is often about having good reserves—of energy, patience, nutrition, sleep, etc. These reserves can be built up by:

- Getting quality sleep on a regular basis
- Eating well – choose nutrient-rich foods that add to your health and reserves
- Having occasional downtime – having five minutes here or there (without activity or electronics) can really make a difference for feeling balanced and refreshed
- Training your mind and emotions – through deep relaxation and meditation you can become naturally less reactive and more patient
- Connecting with others – spending quality time with friends and loved ones can be beneficial to both your psychological and physical health

Create space

Having resilience doesn't mean, keeping a stiff upper lip. There are times when you may be overwhelmed. If needed, back away, regroup, and reassess.

Get the help you need

There may also be times when you need outside help. Reach out to parents, friends or seek professional help to work out emotional or psychological issues.

Choose wisely

Cultivate those relationships that make you feel good about yourself and about life—and spend less time with those that don't promote your emotional and mental health.

Play the hand you've been dealt

Sometimes situations that look like a “losing hand” can and will turn around. Don't give up, work through it. Seek assistance when needed. The confidential services of One Source EAP are available to help.

The good news, if you build up your reserves, you'll have the bounce-back you need. Resilience!!

Call the One Source Employee Assistance Program 1-800-300-0628, to schedule with a licensed counselor. The call center is open 24 hours a day, 7 days a week, 365 days a year.