



## How to Build Resiliency

May is Mental Health Awareness Month

**Resilience is the ability to cope with and recover from setbacks. People who remain calm in the face of disaster have resilience. A resilient person is someone who has strong coping skills, is able to ask for help when needed, and find ways to manage the situation they are facing. People with psychological resilience are able to use their skills and strengths to respond to life's challenges.**

### How can I be more resilient?

- **Reframe Negative Thoughts:** Resilient people are able to look at negative situations realistically, but in a way that doesn't center on blame or brooding over what cannot be changed.
  - Focusing on the positive things you can do is a great way to get out of a negative mindset.
- **Seek Support:** Talking about life's difficulties doesn't make them go away, but sharing with a supportive friend or loved one can make people feel like they have someone in their corner. That can support the development of resilience. Discussing things with others can also help people gain insight on the challenges they are facing, or even come up with new ideas for managing them
- **Focus on What is Within Control:** When faced with a crisis or problem, it can be easy to get overwhelmed by things that feel far beyond our control. Instead of wishing there was some way to go back in time or change things, it can be helpful to try focusing on what we can directly impact
  - No matter how small these steps may be, they can improve your sense of control and resilience.
- **Manage Stress:** Building healthy stress management habits is an effective way to increase overall resilience. These habits could include behaviors that help overall health, like getting enough sleep and exercise. For more coping skills, visit [www.EastersealsMORC.org](http://www.EastersealsMORC.org).

**Scan this code to take a free, anonymous, online mental health screening.**

