

You've got strength

Be resilient



June 2017 Newsletter

Try, try again



Life shifts, changes and surprises us all the time. In order to thrive, we need to learn to adapt. **More...**

Monthly Awareness: Life after cancer



Thanks to medical progress, more people survive cancer than ever before. "Surviving cancer" isn't just about achieving a good treatment result. **More...**

Infographic: Why failure is good for you



No one can succeed all the time. Sometimes the secret to success is failure. Learn how failure can help you. **More...**

Let's Talk video: Music for recovery



Forming positive memories around music can help manage and stabilize cravings in the addiction recovery process. **Watch the video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources for Living®

Try, try again



[Return to Index](#)

Imagine your reaction to these situations:

- You don't get the promotion you were working so hard toward.
- You save up for a new car, only to have an emergency home repair use up all your extra money.
- You train for months for a mini-marathon, but don't make it into the final cut.

In each example above, you could feel defeated and give up — or lick your wounds and try again. Which strategy would you choose?

Choose resilience

Life shifts, changes and surprises us all the time. What we hoped and planned for doesn't always happen. In order to thrive, we need to learn to adapt.

That's where resilience comes into play. Resilience is always having a "Plan B" and being ready to act on it. Think of it as being hardy enough to plow through disappointments and start over again.

How can you build resilience?

No one is born resilient.¹ You have to learn and practice the skills and attitude. Here are some steps that can help you¹:

- Develop an optimistic view of life.
- Learn how to set goals and make reasonable plans.
- Believe that problems can be overcome and get to work on solving them.
- Spend time noticing your strengths and capabilities.
- Learn from your past to reach better outcomes.
- Manage your feelings so they don't get in the way of your growth.
- Give and get support from friends and family.
- Take care of yourself so you can feel great and act effectively.

Need help becoming resilient?

You might consider getting coaching or counseling to improve your toughness in recovering from setbacks. Or read an article or book about resilience. Focusing on resilience can make you a happier, healthier and more successful person.

Resources for Living®

¹American Psychological Association. The Road to Resilience. Accessed April 2017.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. Information is believed to be accurate as of the production date; however, it is subject to change.

Life after cancer



[Return to Index](#)

Thanks to medical progress, more people survive cancer than ever before. As of June 2017, over 15 million Americans were living with cancer.¹

But numbers don't tell the full story. "Surviving cancer" isn't just about achieving a good treatment result. Once there is a diagnosis of cancer, life is different.

New issues and questions

During cancer treatment, professionals tell patients what they need to do. Patients count on friends and family to support them during this phase too.

But afterwards, survivors may feel alone. They've gone through treatments which may have been scary or unpleasant.

And now they have to live with new concerns and uncertainties. Here are just a few questions that can come up:

- Which doctor(s) should they follow up with?
- How often should they go for check-ups?
- Who can they look to for support?
- Who can advise them on changes in diet, exercise or other daily activities?

- How can they manage their fears?
- What can they expect or hope for in the future?

Each survivor finds hope differently

We're all raised in families and cultures that have unique ways of hoping.² How do you find hope?

For cancer survivors, finding reasons and ways to hope is very critical. Hope helps survivors get through the changes and challenges ahead. It can also help them inspire others.

Surviving and thriving beyond cancer

Here are just a few sites where survivors, caregivers and loved ones can find ideas and help after cancer:

- | | |
|--|--|
| • www.canceradvocacy.org | • www.ncsd.org |
| • www.cancer.gov | • www.cancer.net |

Cancer survivors may sometimes feel alone. But they're not. More than ever, there are other survivors and resources to help them create and pursue their goals and dreams.

Resources for Living®

¹National Cancer Survivors Day. Cancer Survivorship Issues. Survivorship. Accessed April 2017.

²National Coalition for Cancer Survivorship. Remaining Hopeful. Accessed April 2017.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. Information is believed to be accurate as of the production date; however, it is subject to change.

Why failure is good for you

No one can succeed all the time. Sometimes the secret to success is failure. Failure can:



Challenge you to improve



Test your resolve

Build resilience



Help you practice persistence



Make success sweeter



Remember: Your next failure could very well point the way to success!

[Return to Index](#)