

The glory of the comeback



Did you know?¹

- Walt Disney went bankrupt after his first try at a TV cartoon show. He stuck to his dreams and — with just \$40 to his name — started what would become the Disney empire.
- Thomas Edison failed thousands of times before he finally invented the first working light bulb.
- JK Rowling had to submit the first Harry Potter manuscript to thirteen major publishing companies before one finally “took a chance” on it. (Smart decision!)

What’s the takeaway?

Life is full of stories of people who faced obstacles and setbacks — and went on to succeed.

This ability to bounce back is called resilience. Being resilient can help you cope when things go wrong. It can give you emotional strength to keep trying even after disappointment and loss.

Tips for building resilience

Everyone can become more resilient. Here are some tips:

1. Give yourself kudos rather than put-downs.
2. Instead of dreading change, look for ways to grow during transitions.
3. Set goals that are exciting and motivating to you.
4. Act instead of dwelling on “what ifs.”
5. Keep positive people in your life and provide mutual support to each other.

You can build resilience through your attitudes and actions. And it can make all the difference.

¹Borkar, Neha. [11 Inspiring Stories of People Who Bounced Back After Failing](#). Accessed August 2019.

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