



Building inner strength

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 pick yourself up and try again. Which strategy would you choose?

Choose resilience

Life surprises us all the time. What we hoped and planned for doesn't always happen. In order to thrive, we need to have inner strength and resilience.

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.

Becoming more resilient can make you a happier, healthier and more successful person.

How can you build resilience?

No one is born with resilience. It's something you have to learn and practice. Here are some of the skills and attitudes that can help you:

- Work on having an optimistic view of life.
- Believe that problems can be solved.
- Take time to notice 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 ways to build inner strength.

The EAP is administered by Resources For Living, LLC.

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