



Live Well, Work Well

May 30, 2022



Let's grow our resilience, together



To be resilient is not easy. Add in world events and potential new stressors in life and the act of being resilient sounds like an impossible feat. How can we acclimate and succeed when we don't know what's coming around the corner? The [American Psychology Association defines resilience](#) as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health conditions, or workplace and financial stressors. Likely not surprising, [a 2020 study conducted by Cigna](#) found resilience and the ability to recover quickly from challenges is at risk for the majority of Americans.

Whether you're currently facing an obstacle or have in the past, you're not alone. Together, we can help each other bounce back from challenging situations, and support one another in our personal growth journeys.

Allow your resilience to blossom

Think of your personal resilience like a garden. Caring for your garden takes patience and attention. You must consistently water your flowers and remove the weeds. Here are some ways to focus on growing your resilience, starting with reflection:



Weed through the past. It's inherent to want to forget the bad times and focus on the good. However, honing in on hardships can help you through future challenges. Take time to write down a few difficult past experiences. What skills helped you get through those moments? What behaviors did you display that you're proud of during that time? If faced with the situation again, would you act differently? Reflection will allow you to act with more resilience when the next storm comes.



Bud with others. No one expects you to flourish alone. When you have a solid network of friends and family, they can provide the support and guidance you need when the going gets tough. Focus on strengthening your trusted network, and don't be afraid to make new connections. A fresh perspective will support your efforts to be more resilient by giving you a different lens and approach to address a problem.



Don't delay. When a new challenge arises that requires your attention, avoid pushing it aside. Use your prior experience and personal network to address the issue head on.



Focus on the rose, not the thorn. If you stay positive and hopeful, you'll be in a better state of mind and able to view new challenges with less anxiety. Try not to allow yourself to become overwhelmed by what's out of your control and instead focus your attention on staying resilient.

Get your resilience score

In [a special report prepared by Everyday Health](#), research identified how the country perceives resilience, challenges to practicing resilience, and what contributes to building it. Some of the key findings include:

- The majority of Americans overestimated their own resilience: 83% of Americans polled thought they had high levels of mental and emotional resilience, when just 57% scored as resilient.
- While the majority of the most resilient Americans believe [mental health](#) is as important as physical health, only 33% of them were likely to ask for help or counseling when faced with an emotionally taxing situation.
- Gender and ethnicity matter. Of Black or African Americans polled, 62% said they're resilient while just 46% of Asian Americans said the same. When it comes to gender, 59% of men in the survey identified as resilient—compare that with just 54% of women.

How resilient are you? Get your resilience score online [here](#).

Additional resources

The Mayo Clinic offers [information](#) on how to build skills to endure hardship. This includes ways to adapt to adversity and tips to improve your resiliency.

CuraLinc Healthcare has built [a full toolkit](#) on resiliency. The toolkit includes a wealth of resources to include self-assessments, flash courses, tips, and more.

Psychology Today has [a quick read](#) on how to build resilience and offers six quick tips to consider.



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