

RESILIENCE

re•sil•ience:

the ability to bounce back when faced with stress or pressure

Why are resilient people happier? Some people in life show exceptional resilience. They have the strength and passion to go on, even in the face of tragedy. Below are eight habits of extremely resilient people. To start increasing your own resilience, and happiness, choose one habit to start practicing and then add more habits as you go.

GET THE SUPPORT YOU NEED. People with exceptional resilience typically have a big safety net—many loved ones and friends to turn to when times get tough. Having others who accept you for who you are and who are there for you during good and bad times strengthens your resilience. Don't have a social net? Get out there and join a group, club, or team—start connecting and making friends.

REALIZE IT'S JUST PART OF LIFE. Resilience comes with knowing that life isn't perfect and that, yes, there will be drama and trauma in your life at one time or another. Your ability to view a tragedy as an isolated event instead of what your future has in store for you is what will set you up for success and greater resilience in the future.

MAKE HEALTHY CHOICES. People who are extremely resilient typically take care of themselves. They exercise daily, get the rest they need, address their own needs and feelings regularly, and make an effort to eat healthy. If you take care of yourself—even walking 20 minutes a day can take your stress down a notch—you will be less likely to fall apart during those times in your life that are filled with stress or tragedy.

REMEMBER TO LAUGH. Even during the worst times, exceptionally resilient people still laugh and find joy. Laughter can reduce the pain you feel, both body and mind, and help to minimize the issue at hand. Yes, bad things will still happen, but you can lighten that load by finding your sense of humor.

BE NICE TO OTHERS. Exceptionally resilient people enjoy helping others. They find great joy in random acts of kindness that lift the heart of not only the receiver but also the giver. On the flip side, it is equally important to receive and appreciate kindness from others who are trying to help you during a tough time—showing gratitude is also a big part of resilience.

GET THE BALL ROLLING. Resilient people face life's obstacles head-on. When confronted by a crisis, they immediately ask themselves, "What are my choices and solutions for this?" They collect all the information they can, come up with a plan, and then face the pain or anxiety directly with action. Even when faced with the worst of tragedies, such as a death in the family, resilient people collect, plan, and act until things are back to normal.

LOOK ON THE BRIGHT SIDE. Resilient people have a knack for always finding the silver lining. Even though they are not immune to pain and anxiety, their eyes are open—they are able to see the good even during the worst times. Resilient people literally see each moment in life as another opportunity and another chance. Their glass is definitely half full.

DON'T MAKE THE SAME MISTAKE AGAIN. Resilient people learn from their mistakes instead of making the same ones over and over. They ask themselves what went wrong and come up with a strategy to prevent the mistake from happening again. They get excited about doing things in a new way or approaching things differently, and this is what helps them endure challenging times.

Learn more about our entire suite of services for EAP and population health.
[uprisehealth.com](https://www.uprisehealth.com)

