

Building Resilience

Resilience is a combination of personality traits, thinking patterns, behaviors and intentions. Consider the domains below and write down ways you can build your own resilience.

Vision: Values-based living provides meaning and purpose, and helps guide decisions for the future.

- Write down your top 3-5 values:
- How do you already demonstrate these values?
- In what ways can you live more in line with these values?

Composure: Stay calm, cool and collected no matter the circumstances.

- Acknowledge your stress. What does it feel like in your body?
- Where does that stress come from? (What circumstances contribute? How does your thinking/interpretation play a role?)
- What are some ways you can counteract the stress response and maintain your composure?

Reasoning: The way we think affects the way we feel and the way we act.

- What negative thoughts sometimes crowd your mind?
- Consider these two criteria: 1) Is it true? 2). Is it helpful?
- If you can't answer yes to BOTH of these criteria, then shift that negative thought to something more beneficial. (Example: "My job sucks" could become "I have a lot of resilience that will help me get through the day.")
- What are some beneficial statements you could replace untrue/unhelpful thinking with?



Health: Small steps can lead to big gains over time.

- What is one way you can add more movement into your day?
- What is one way you can add more vitamins/nutrients to your diet?
- What is one way you can improve your sleep?

Tenacity: The drive to get back up. Again. And again. And again.

- Think of a time you demonstrated resilience and overcame a huge hurdle in your life. What helped you get through it?
- What did you learn/gain through that experience that will be helpful to you now?
- How will you put those skills into practice?

Collaboration: There is strength in numbers.

- Identify your sources of support (family, friends, co-workers, clergy, support groups, helping professionals, community groups, etc.).
- How would things be different for you if you didn't have this support?
- If you don't have much support, consider why. How can you strengthen your list?

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Services are free and confidential.