

EAS/EmployeeAssistanceServices
Employee Assistance-Psychotherapy
Tom Lavin MFT, LADC
557 California Avenue
Reno, NV 89509
775-323-3330
www.EASEAP.com

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Develop Your Resiliency

**“It’s not what happens to you that matters,
what matters is what you do with what happens to you.” George Bernard Shaw**

Being able to bounce back from of difficult times is essential to health and happiness: this “bounce-back-ability” is also referred to as “resiliency”.

We all experience difficult challenges throughout our lives: family relationship problems, children with learning disabilities, our own or our spouse’s or parents’ chronic health issues, struggles with domestic violence, addiction, death, financial bankruptcy, loneliness, difficult work relationships, career frustrations, times of feeling lost or feeling we have lost our sense of meaning in life.

During these difficult times we can develop a deeper sense of resiliency or we can succumb to the distress of “the slings and arrows” of life.

Good News: Research on resiliency shows that resiliency can be developed by consciously nurturing the following characteristics:

- 1. Make Connections: develop healthy relationships by sharing, asking for help, assisting others.**
- 2. Avoid seeing crises as insurmountable problems: “this, too, will pass”, develop optimism**
- 3. Accept that change is a part of life, be flexible, re-evaluate goals and expectations**
- 4. Engage: assess what seems best, decide, take action**
- 5. “If it doesn’t kill me, it will make me stronger”: adapt a perspective that this distressing situation will make you stronger, wiser, more compassionate.**
- 6. Enhance your repertoire of self-care: physical, mental, emotional dimensions of your life.**

**Resources: 1. “The Resilience Factor”, Karen Reivich and Andrew Shatte
2. www.apahelpcenter.org**