

RESILIENCY

Responding to Life's Curveballs

At one time or another, we all encounter a situation that seems insurmountable. It could be job loss, a relationship break-up, economic struggles, loss of a loved one or physical trauma. And though we often cannot control that particular event, we can control how we react to it. In fact, resiliency—or how well you bounce back—is a skill that can be learned.

In this issue of *Your Source*, find out how you can begin refining how you deal with life's curveballs to become a stronger, happier individual. Here are a few ideas to get you started:

Have Reasonable Expectations. Resilient people accept that adversity is a part of living a full life and do not see bumps in the road as failures.

Change Your Question. Obsessing over the details of your circumstances keeps you from moving forward. Ask yourself: What can I do for myself right now that will move me forward?

What's Within Your Control? Sometimes the only thing you have control over is how you respond to a tough situation. Focus on that! Focusing on what you cannot control causes feelings of helplessness, anger and stress.

Growth Opportunity. Negative events often have a longer lasting impact that causes us to alter our lives in significant ways. Try to think of the setback as a life lesson that can be used to improve your life—or the lives of others—in the future.

Assess Your Strengths. Take a personal inventory of what makes you special. Highlighting and engaging your strengths will give you energy to rebound.

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Answer: All of the above.



Which of the following is true?

- A. 2/3 of family physician visits are due to stress-related symptoms.
- B. More than 1/3 of Americans say they've had an illness caused by stress.
- C. Having a positive outlook is proven to extend one's life.

Check your answer on the bottom.

Now That's an Idea!

Sometimes keeping things in perspective during life's ups and downs can be the boost you need on especially tough days. Try reflecting on these words for dealing with adversity:

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left. ~Hubert Humphrey

Attitude is a little thing that makes a big difference. ~Winston Churchill

The human spirit is stronger than anything that can happen to it. ~C.C. Scott

Step up to the Plate

When it comes to dealing with life's setbacks, you must step up to the plate and be proactive. Look your problem in the eye and take action. Having a plan can help you stay on track. The following tips can serve as a guide to reaching your goals:

- **Be specific.** When setting goals, be exact and you are more likely to succeed. For example, instead of saying you want to save money, set a specific goal to save \$20 per week.
- **Put it in writing.** Write down what you want to achieve and post it in a visible place to remind you what you're working toward. Use positive terms. For example, instead of writing, "I will stop eating junk food," re-word your goal: "I will make healthy food choices."
- **Set realistic goals.** When you think about setting goals, make sure that they are within reach. Be mindful of your finances, schedule and other personal affairs. It's unreasonable to expect to make big changes overnight.
- **Develop an action plan.** Create a timeline with specific steps and timing. Cross them off as you go. Sometimes watching your list get smaller can give you a sense of accomplishment and help you stay motivated.
- **Believe in yourself.** Stay positive about your progress. As the saying goes, "If you think you can or you can't, you're right."
- **Be flexible.** Setbacks happen. Don't give up. Try again! Your hard work will pay off!
- **Ask for help.** If you need encouragement, don't be afraid to ask. You'd be surprised at how supportive people can be.
- **Reward yourself.** Acknowledge your achievements, even the small ones. Reaching a goal takes hard work. Be proud of your efforts. Celebrating can mean something as simple as taking time for yourself.

*"Some days there
won't be a song
in your heart.
Sing anyway."*

*"A cloudy day is
no match for a
sunny disposition."*

Having a clear plan can help you weather the biggest and smallest of storms. Setting goals puts you back in charge.

Creating a Winning Team...

...With the Right Partner

Who you choose as your partner in life will have a great impact on your ability to deal with the highs and lows that come your way. Here are some traits to look for in a mate when creating your winning team:

1. Emotional Health
2. Kindness
3. Adaptability
4. Trustworthiness
5. Authenticity
6. Ability to Communicate
7. Strength of Character
8. Optimism
9. Tenacity
10. Ability to Resolve Conflict

...With Your Kids

Parents who can cope with the stresses of everyday life, as well as an occasional crisis, have the flexibility and inner strength necessary to bounce back when things aren't going well. Their ability to deal with life's ups and downs serves as an all-important model for their children.

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