

Rising to Everyday Challenges

Among the various factors involved in navigating change, whether personal or business-related, resilience may well be the most important. Resilience is the measure of our ability to welcome challenges, overcome adversity and get back on track to achieving our goals. Keeping that in mind, here is some information on resilience during times of change.

What is resilience?

Resilience is more than coping; it's about facing crises and difficult situations without getting overwhelmed by them. Resilient individuals are more adept at managing life's stressors and adapting to changing circumstances. Being resilient can help protect you from depression, stress and anxiety, too.

Some of the characteristics of resilient people include:

- Strong relationships
- Self-motivation
- A positive view of yourself and confidence in your strengths and abilities
- Communication and problem-solving skills
- Self-awareness
- Emotional control

Resilience at Work and Home

Resilience means controlling your ego, not panicking when faced with setbacks and having the patience and ability to stay focused on long-term goals. Resilience enables you to withstand life's storms, remain calm, and make sensible decisions rather than letting emotions take over. While times of upheaval can be stressful, there are things you can do to cope with this challenging environment:

- **Find a healthy balance.** Your work is important, but it's unhealthy for you mentally, physically and socially if you live, breathe and sleep your job. Make time to get away from stress and to find positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practise positive self-affirmations. They can change your mood and outlook on life.
- **Look beyond the obvious.** Even though it may seem so, not everything is black and white, win or lose. Search for the middle ground. It can be a far less stressful place.

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