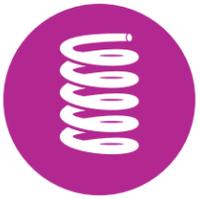




Resilience | A Critical Skill in Challenging Times



What is Resilience?

Resilience is the process of adapting well or “bouncing back” in the face of adversity, trauma, tragedy, threats or significant stress. Sources of stress can include relationship/family problems, health issues, workplace or financial stressors and more. As we navigate through unprecedented territory in dealing with COVID-19 and the impact of a global health and economic crisis, it’s never been more important to practice resilience to help preserve our wellbeing.

Ways to Build Resilience

- **Make connections** – Caring and supportive relationships with close family & friends that create love, trust, and offer encouragement will help bolster personal resilience.
- **Avoid seeing crises as unbeatable** – While you can’t necessarily change the existence of a highly stressful event, you can change your mind set and how you respond.
- **Accept that change is a part of living** – Accepting circumstances that you can’t change can help you focus your attention on things that you can alter.
- **Be optimistic** – Understand that setbacks are temporary and that you have the skill set and ability to battle the challenges you face. It is important to remain hopeful and positive about the future.
- **Establish goals** – Develop some realistic goals and do something on a regular basis to work towards those goals. Try not to focus on tasks that seem unachievable and instead ask yourself “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”
- **Build your self-confidence** – When you develop confidence and a strong sense of yourself, you have the strength to keep moving forward and to take the risks you need to get ahead.
- **Keep things in perspective** – Try to avoid blowing a situation out of proportion. Consider the stressful circumstance in a broader context and keep a long-term perspective.
- **Take care of yourself** – Pay attention to your own needs and feelings. Taking care of yourself with a healthy diet, exercise and sleep, can help get your mind and body prepared to deal with situations that may require resilience.

Sources:
<https://www.mindtools.com/pages/article/resilience.htm>
<https://www.wapa.org/helpcenter/road-resilience>
<https://www.verywellmind.com/ways-to-become-more-resilient-2795063>

Treatment Disclaimer: This material is for informational purposes and is not intended to be exhaustive nor should any discussions or opinions be construed as legal advice. Contact your broker for insurance advice, tax professional for tax advice, or legal counsel for legal advice regarding your particular situation. USI does not accept any responsibility for the content of the information provided or for consequences of any actions taken on the basis of the information provided. ©2020 USI Insurance Services. All rights reserved.