ComPsych | GuidanceResources®

Rising to everyday challenges

Resilience is more than coping.

It's the measure of our ability to welcome challenges and change, overcome adversity, and adapt to achieve goals. Being resilient can also help protect you from depression, stress, and anxiety.

Some of the characteristics of resilient people include:

- Self-compassion and self-care
- Adaptability and flexibility
- Strong support systems
- Problem-solving skills
- Emotional control and regulation

How to foster resilience and face challenges

While times of upheaval can be stressful, there are things you can do to cope with whatever challenges you face:

Find a healthy balance. Establish healthy routines that include proper nutrition, quality sleep, and regular physical activity to build your body's resistance to stress.

Be positive. Focus on what you can do and identify positive, problem-solving steps you can take when faced with a challenge.

Look beyond the obvious. Remind yourself that difficult situations are often temporary and part of a larger picture.

Ask for help: We all get stuck or have difficulty making progress. Getting help when you need it is crucial in building your resilience.

Building resilience takes time and practice. Not sure where to start? Contact your **GuidanceResources program** for tools to help you rise to everyday challenges.

24/7 Live Assistance

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