

COVID-19



BOUNCING BACK: RESILIENCY

Life is full of ups and downs; everyone faces daily struggles and conflicts and has coped with them! *Resiliency* is the ability to bounce back from adversity.

Resilient People

Resilient people cope with stressors in life and become stronger! They bounce back from problems with more smarts and power. Others view them as buoyant and elastic. Everyone can improve and develop their resiliency skills. Everyone wants to get through setbacks quicker and better and recover faster from adversity! It just takes practice.

How to Improve Resiliency

See change as part of life. You can't fight change; it is a constant—so accept it! Consider embracing change.

Take charge!

Going ballistic or avoiding the problem usually does not help. Stay cool, calm, and collected; manage your attitude and behavior. Find ways to solve the problem when you are in control and have a plan.

Think positively!

An optimistic outlook is helpful. A hopeful perspective makes a difference. Positive thinking makes it so! See yourself as achieving and succeeding! Even dark clouds do have silver linings.

"We can't control everything that happens in life; we can control our attitudes and responses."—*Lou Tice*

Keep your perspective.

You may limit your options with a poor perspective. Remember what your family taught you—the situation will blow over! Use a long-range view to cope with the current problem. A negative view may do you in. Monitor your perceptions of the event. Monitor your reactions. Change your view and responses as needed, so you can manage them effectively!

Practice self-care.

Exercise, rest, sleep, eat well, and relax often! Find fun hobbies and activities and engage in them frequently. People can best handle problems when the body, spirit, and mind are nourished. Take good care of yourself!

Lessons Learned

Review how you have effectively handled past stressful or difficult times. Use similar resiliency strategies with tackling present problems. Know that you can handle it!

Resiliency Expert Tip

Try a new approach or strategy when old ones are not working or fail.

Game Plan

How do you plan to bounce back? What are your best rebounding skills and strategies? How and when will you use resiliency skills? Who are your coaches? Equip your mind and body to deal with stresses that come your way!

U.S. Navy and Marine Corps Public Health Center. (n.d.). From *Bouncing back: Resiliency* [PPT]. Retrieved February 4, 2019, from <https://www.med.navy.mil>



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