



Resilience and Stress

Being resilient is dependent upon your ability to manage stress. If you're unable to control your stress levels and can't approach challenging situations with a level head, you may be in need of some practice!

Next time you're faced with a stressful situation, try handling it in a healthier way by following these steps:

- 1 Identify the source of your stress**
- 2 Accept responsibility.** It is easy to blame your stress on others, circumstances or your environment, but stress actually occurs because of your response to a situation.
- 3 Once you've completed the first two steps,** you then have three options to deal with your stress.



Avoid it

Not every source of stress can be avoided, but there are many that can be. Things you can do to avoid stress include:

- **Exert your control.** For example, if traffic from your commute makes you stressed by not having enough time after work to cook dinner and prepare for the next day, try a different route home or ask if you can start and leave work a few minutes earlier to beat the traffic.
- **Just say no.** Avoid taking on tasks from others that you may not have time for.



Alter it

This involves changing the situation surrounding the stressor. Examples of how you can alter your stress include:

- **Prioritize your to-do list.** Complete tasks that must be done first, before those that are less important.
- **Find the middle ground.** If your stress involves a commitment to another person, compromise and find a solution that benefits all parties involved.
- **Seek other solutions.** For example, if you find weekly grocery shopping to be a challenge, delegate the task to another member of your family or try doing some of your shopping online.



Adapt to it

Change the way you think about stress and respond to it. You can adapt to your stress through techniques such as:

- **Change your expectations.** Remembering that perfectionism just isn't possible is important for stress management and resilience.
- **Reframe the stress.** Rather than thinking about your stress negatively, make it a positive. For example, if helping your parent with a task causes you stress, consider how spending time with them is contributing to your relationship.
- **Don't let your stress control you.** When you start feeling stress, stop it before it becomes overwhelming by taking deep breaths, stepping back from the situation, or developing a mantra, such as "I can do this" to help calm and reassure yourself that you can handle your stress.



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