

Tips for Rebounding from Adversity



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WHETHER IT'S THE DEATH OF A LOVED ONE, LOSS OF A JOB, serious illness, terrorist attacks or other traumatic events, how we respond to these experiences can enable us to more effectively manage these situations and enjoy life despite difficult times.

TIPS FOR REBOUNDING FROM ADVERSITY INCLUDE:

- **Make connections.** Accepting help and support from those who care about you and will listen to you strengthens resilience.
- **Avoid seeing crises as insurmountable problems.** Try looking beyond the present to how future circumstances may be a little better.
- **Accept that change is a part of living.** Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- **Move toward your goals.** Do something regularly that enables you to move toward your goals.
- **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss.
- **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- **Keep things in perspective.** Try to consider the stressful situation in a broader context and keep a long-term perspective.
- **Maintain a hopeful outlook.** Try visualizing what you want, rather than worrying about what you fear.
- **Take care of yourself.** Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.
- **Find other ways to strengthen resilience that may be helpful.** For example, journal writing, meditation and spiritual practices help some people build connections and restore hope.

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