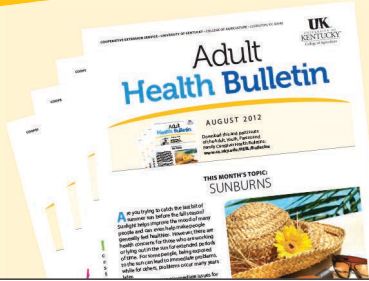


Adult Health Bulletin



MAY 2014

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THIS MONTH'S TOPIC: BE RESILIENT!

A person who has an obstacle in their life and then is able to overcome it and move on is called resilient.

Common obstacles that people face include:

- Death of a loved one
- Loss of a job
- Serious illness

During these times, there are often strong emotions tied to them. Those emotions may change over time, as a person handles the obstacle that they have experienced.

Resilience is something everyone can have. It does not mean that a person does not have



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Make sure you take time to do something for yourself — a long walk, a quiet nap or another relaxing activity.

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difficulty or that they do not experience stress. It means that the person is able to adapt to that obstacle.

Resilience is not something a person is born with, and therefore some people have it and some do not. In fact, a person can learn to be resilient.

- **Talk to your family and friends.** It is important to have a good network of family and friends. When you are going through a hard time, being able to talk and share with another person can be helpful.
- **Take care of yourself.** Many times during a stressful situation, you may not be as motivated to pay attention to your own needs and feelings. Make sure you take time to do something for yourself — whether it is a long walk, a quiet nap or another relaxing activity.
- **Try not to think that this will last forever.** Many times when there is a problem, you may think that it will always be a problem. Try to look beyond the current setback. Imagine what the future may hold for you.
- **Stay flexible.** One never knows when an obstacle may appear. Being flexible provides you an opportunity to adapt.

Resilience is something everyone can have. It does not mean that a person does not have difficulty or that they do not experience stress. It means that the person is able to adapt to that obstacle.



- **Self help and support groups:** Community groups can provide great support.
- **Books:** Books can motivate readers and provide a new way to look at the situation. It is important to see what others have done who have had similar experiences.
- **Online resources:** Be careful to choose reliable resources. Online resources also have many ideas for understanding or handling similar obstacles.

Finding tools and ideas can help you build your resiliency. Knowing the resources you have access to is important whether you are going through a tough time or not. You never know when you may be able to help a family member or friend.

SOURCE:

American Psychological Association (2014). The Road to Resilience. <http://www.apa.org/helpcenter/road-resilience.aspx>

If you have had a tough setback, it may be beneficial to look for help beyond your family and friends. Look into:

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