

Resilience

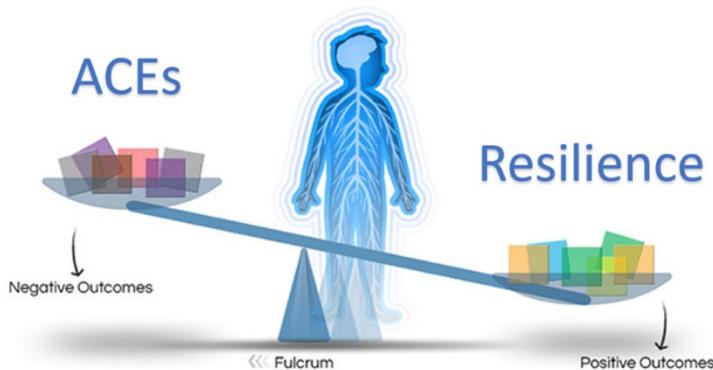
Resilience is our ability to bounce back when things don't go as planned. It is a quality that we all possess to some degree, but some can draw on it more easily than others. Resilience is important because it keeps us on track until we reach our goals, it allows us to deal with difficult situations, and it helps us to grow by encouraging us to look at the positives and to manage stress.



Think about resilience as the elasticity in a rubber band that allows it to be stretched but return to its original shape once the stress causing it to stretch is no longer present.

Link to a quiz to measure your level of resilience.

<https://www.mindtools.com/pages/article/resilience-quiz.htm> or



What is the connection between Trauma and Resilience?

Resilience is the way in which the body defends against trauma and heals from trauma or toxic stress. Trauma during our developmental years is referred to as Adverse Childhood Experiences or ACEs.

How do we build resilience?

The foundation of resilience is built through nurturing experiences with a care caregiver during early development when the brain is developing the neuropathways. Dr Ginsburg, child pediatrician and human development expert, proposes that there are 7 integral and interrelated components that make up being resilient – competence, confidence, connection, character, contribution, coping and control. <https://cbtprofessionals.com.au/the-7-cs-of-resilience/>

The good news is the brain has capacity to create new pathways and continuously change throughout a person's life. **Neuroplasticity** means a person can “rewire” their brain to strengthen their resilience. Providing Resilience-oriented support is a key element in helping a person to re-wire their brain to enhance their capacity to heal and defend against toxic stress and trauma.

#TREbit – STRONGER TOGETHER

Strong connections with others builds resilience and helps you to bounce back from whatever life throws at you. Be purposeful in taking time to connect with others. Meet a friend or co-worker for coffee, lunch, or a walk. Come together for meals with family members. Have long talks over the phone or video calls with loved ones physically distant. Enjoy meaningful time with your pet.

More self-care habits to build resilience can be found at:

<https://www.lifeworks.com/blog/self-care-habits-to-build-your-resilience/> or



(see back for a sample of self-care tip from our employee insurance carrier – Highmark)