



## Resiliency in tough times

Resilience is the ability to recover from or adjust easily to misfortune or change. It gives you the capability to cope with stress in a positive manner, and provides a mental holding tank of strength to use in time of need to hold you together. Resilience:

- Gives you a sense of control
- Gives you an overall feeling of positivity
- Lowers depression rates
- Makes you feel more goal-oriented
- Lets you be able to roll with changes easier

There are a number of ways you can increase your resiliency, such as:

- Changing your perspective
- Accepting what you can't change
- Practicing self-care
- Being compassionate to yourself
- Learning from and embracing your mistakes
- Looking for daily silver linings
- Focusing on being grateful
- Evaluating your self-esteem and inner voice
- Having confidence in your strengths and abilities
- Facing your fears
- Meditating
- Doing a mental body scan
- Practicing mindfulness
- Practicing expressive writing and journaling



There are resources you can use to help you and your family improve resiliency:

- Apps, such as Breathing Zone, Happify, Moodify and Moodpath
- Tools to encourage children to explore their passions and find their purpose, including Sesame Street toolkits.

Sources: [greatertgood.berkeley.edu](https://www.greatertgood.berkeley.edu)\*, [health.harvard.edu](https://www.health.harvard.edu)\*, [psychologytoday.com](https://www.psychologytoday.com)\*, [verywellmind.com](https://www.verywellmind.com)\*, [bouncebackparenting.com](https://www.bouncebackparenting.com)\*, [sesamestreet.org](https://www.sesamestreet.org)\*

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