

# Secrets of Resilient People

Life is full of challenges. Some coping behaviors like getting angry, smoking, drinking alcohol or overeating do not lead to feeling better or helping you solve problems. Making social connections at work, home and in the community provides many benefits including helping you deal with life's roadblocks. Friends can provide support in hard times, offer advice and listen as you share your concerns. Being a friend, and offering support to others is also a health promoting behavior.

Here are some basic tips on how to improve your resiliency/adaptability and increase your social networks:

- **Stay connected with others.** Cultivate friendships by talking or spending time with coworkers, family members and neighbors to show interest in their families, hobbies and social interests. Give up the need to always be right. Be open to hearing different opinions and cultural beliefs.
- **Have a positive attitude.** Maintaining a sense of humor and reminding yourself that things will improve with time can help you keep things in perspective. Look for positive, upbeat people to hang around with as negative people can bring you down or make you feel more hopeless about a challenging situation.
- **Think about solutions.** Approach problems by thinking about ways to make the situation better. Being active – rather than just waiting for things to get better – may help you feel more in control of the situation.
- **Join at least one new group or try a new community activity each year.** Examples include book or investment clubs; sport leagues; or local Park and Rec department classes like cooking, photography, self-defense, stress management or yoga. Make an effort to meet new people and make new friends every opportunity you get.
- **Try to make yourself more interesting by learning new things or consider teaching others a new skill.** Learning a new skill or volunteering for an organization you are passionate about, like the Humane Society or the American Heart Association, are other ways to meet new people and develop a deeper sense of purpose and meaning.



Source: WELCOA

Mary Kelly, MS, RD, CD, CDE  
www.sensiahealthcare.com  
mkelly@sensiahealthcare.com

*For more information regarding Sensia Healthcare's  
Wellness Programs, contact John Lerand at  
414-359-9440 or email him at: jlerand@sensiahealthcare.com.*