

October 2010 LifeSolutions Corner

“I’ve been through a lot lately and I’m feeling worn out. My co-workers tell me that in time I’ll ‘bounce back’ and be OK again. How do people do that? Can the EAP help?”

You’ve come to the right place. Helping people bounce back is what EAPs do every day.

Let’s start with some basic information. For one thing, research has found that it’s normal to get overloaded at some time in your life. That’s just part of life. For another, there are steps you can take to bounce back. Research calls this attribute “resilience,” which means the ability to cope with the unexpected while it’s happening and to learn from it so that you end up stronger. Your experience helps you prepare for the next unexpected challenge that comes along.

Here are some things to keep in mind to build your resilience:

1. **Beliefs Matter:** Those who are resilient expect change. Life isn’t “awful”; it’s a constant state of change. Sometimes life is easier and sometimes it’s harder. Resilient people have a view that things will work out, and they act that way. If you want to shift the way you think about change, EAP can help.
2. **Figure Out What You Can and Cannot Control:** Look at your current situation. Are you expecting yourself to control things you have no way of controlling? Resilient people figure out what they need to accept and what they can realistically change. Then they focus on real changes they can make happen.
3. **Create Social Support:** This is the single biggest part of overall health and resilience according to the research. Like it or not, humans are social animals and need to have at least one person to turn to for support. It doesn’t have to be checking in daily or anything like that. Rather, it’s important to have people who care about you and will be there when you need them.
4. **Pay Attention to the Little Things:** Notice the little things about yourself, like when you’re tired or need a break, and do something about it — take care of yourself. By taking care of the little things, you prepare yourself for dealing with the unexpected when it comes along. In the same way, notice others and respond with kindness.
5. **Practice, Practice, Practice:** Bouncing back doesn’t just happen magically. It requires thought about what is important and how to achieve it, as well as putting plans into action. It is a skill ... one that can be learned. Just like any skill, if you don’t use it you lose it. So, practicing what’s been outlined here is a necessary step to becoming resilient and maintaining a resilient approach to life.

Your EAP counselor will partner with you to create your plan to bounce back in a way that makes sense to you. This can happen through an in-person meeting or over the telephone, whichever you prefer. All services are free and confidential. Call 1.800.647.3327 now.

For more information about resilience, visit www.lifesolutionsforyou.com, click on WorkLife Log In, enter your company code, and type in “resilience” in the site search function.

Nothing in this information is a substitute for following your company policies related to information covered here.

