

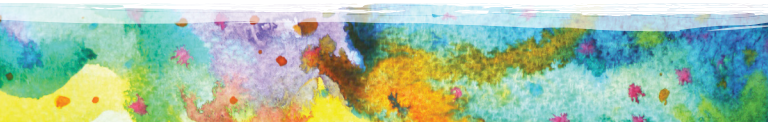
# RESILIENCE

## Do we succumb or surmount?

Research has shown that we all have the capacity to be quite resilient in the face of adversity. It really isn't that extraordinary, and people commonly demonstrate resilience because it is not a trait that people have or do not have. Resilience involves behaviors, thoughts and actions that can be learned and developed in anyone. Research has identified several factors that make someone resilient. The following is a list of those factors:

- Possessing a positive attitude or being optimistic — especially having a positive view of yourself and confidence in your strengths and abilities.
- The ability to regulate emotions, especially strong feelings and impulses.
- Having caring and supportive relationships within and outside the family.
- The ability to see failure as a form of helpful feedback.
- Skills in communication and problem-solving.

Being resilient does not mean that a person doesn't experience difficulty or stress. The road to resilience often involves considerable emotional distress. How you choose to manage those stressors and your history of successful coping strategies builds on your ability to manage stress. The following include some strategies for building resilience.



- 1 Make connections.** Maintain and build good relationships with close family members, friends or others. Staying active in organizations and groups that provide social support can help with reclaiming a sense of hope. Assisting others in their time of need is also shown to build resilience.
- 2 Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you may interpret and or respond to events.
- 3 Accept that change is a part of living.** Try to focus on circumstances that you can alter and maintain perspective. Some events can be an opportunity for self-discovery and growth.
- 4 Take decisive actions.** Rather than detaching from problems in the hope that they will go away, react to adverse situations as much as you can.
- 5 Take care of yourself.** Pay attention to your own needs as much as possible; nurture a positive view of yourself by trusting your instincts and ability to solve problems.
- 6 Maintain a hopeful outlook.** Visualize what you want versus worrying about what you fear.

The Peer Support Line is available through NYSUT Member Benefits and offered at no cost to all NYSUT members and their families.

This confidential helpline – staffed by trained in-service and retired individuals who understand the unique professional and personal challenges of NYSUT members – can provide answers, resources and empathetic support when you need it.

**PEER  
SUPPORT  
LINE** 

**If you find that you are struggling with issues and want to talk to someone, call NYSUT's Peer Support Line: 844-444-0152**

or email  
[socialservices@nysut.org](mailto:socialservices@nysut.org)

