

The Road To Resilience



What Is Resilience?

Tguknkgpeg"ku"vjg"rtqeguu"qh"cfcrvki"ygnm"kp"vjg"hceg"qh"cfxgtukv{"vtcw"oc"."vtcigf{"vjtgcvu."qt"gxgp"ukipkLecpv"uqwtegu"qh"uvtguu"//uwej"cu"hcokn{"cpf"tgncvkqpujkr"rtqdnngou."ugtkqwu"jgcnvj"rtqdnngou."qt"yqtmrnceg"cpf"Łpcpekcn"uvtguuqtu0"kv"ogcpu"ödqwpekpi"dcemö"htqo"fkhŁewnv"gzrgtkgpegu0

Dgkpi"tguknkgpv"fqgu"pqv"ogcp"vjcv"c"rgtuqp"fqgu"pqv"gzrgtkgpeg"fkhŁewnv{"or distress. Emotional pain and sadness are common in people who have uwhhgtgf"oclt"cfxgtukv{"qt"vtcw"oc"kp"vjgkt"nkxgu0"kp"hcev."vjg"tqcf"vq"tguknkgpeg" is likely to involve considerable emotional distress.

Tguknkgpeg"ku"pqv"c"vtckv"vjcv"rgqrng"gvjgt"jcxg"qt"fq"pqv"jcxg0"kv"kpqxng"dgjcxkqtu."vjqwi"jvu."cpf"cevkqpu" that can be learned and developed in anyone.

Factors in Resilience

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and vtuv."rtqxfg"tqng"oqfgnu."cpf"qhht"gpewtcigogpv"cpf"tgcuuwtcpeg"jgnr"dnuvgt"c"rgtuqp0"tguknkgpeg0

3/4

3/4 Skills in communication and problem solving

3/4 The capacity to manage strong feelings and impulses

All of these are factors that people can develop in themselves.

Strategies For Building Resilience

Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies.

Uqog"xctkcvkp"oc{"tgłgev"ewnvwtcn"fkhhgtgpegu0"C"rgtuqp0"ewnvwtg"okijv"jcxg"cp"ko"rcev"qp"jqy"jg"qt"ujg"eqo"owpkcvgu"hggnkpiu"cpf"fgcnu"ykvj"cfxgtukv{"//hqt"gzcorng."y"jgvjgt"cpf"jqy"c"rgtuqp"eqppgevu"ykvj"ukipkLecpv"qvjgtu."kpenwfkpi"gzvgpf"gf"hcokn{"ogodgtu"cpf"eqo"owpkv{"tguqwtegu0"Ykvj"itqykp"i"ewnvwtcn"fkxgtukv{"vjg"rwdnke"jcu"itgcvt"ceeguu"vq"cpw"odgt"qh"fkhhgtgpv"cr"rtqcejgu"vq"dwknfkpi"tguknkgpeg0

Stress

Hqt"htgg"cpf"eqpŁfgpvkcn"cuukuvcepeg."ecm"qwt"

Marital Problems

Financial

Employee Assistance Program and speak with a Care Coordinator:

Family Problems

Legal

(713) 781-3364

Se Habla Español

Alcohol/Drug Problems

(800) 324-4327

(800) 324-2490

Depression

www.4eap.com

Other Referrals

Your employer has contracted with Interface EAP to provide you an Employee Assistance Program.