

Bounce Back Better!

Personal Essentials



Best Care EAP Can Help!

For free, confidential support for you and your dependent family members, contact us today.

402-354-8000 | 800-801-4182

www.BestCareEAP.org

Username: bcCODEe – Password: CODE

“Sometimes Grace comes in the form of a punch in the face.”

– Mary Elder

Introduction

Emotional resilience refers to one’s ability to adapt to stressful situations or crises. More resilient people are able to “roll with the punches” and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor. It’s been found that those who deal with minor stresses more easily can also manage major crises with greater ease, so resilience has its benefits for daily life as well as for the rare major catastrophe.

Activity 1

Recall a challenging time in your life. Then, in the space below, briefly describe the event, what got you through it, and what you learned as a result.

What Influences Resilience?

- Genetics
- Upbringing
- Age
- Gender
- Trauma

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How Resilient Are You?

Directions

Please rate the following statements using this scale:

1 = strongly disagree 2 = disagree 3 = neutral 4 = agree 5 = strongly agree

- _____ 1) I am very resilient, adapt quickly, and bounce back well from difficulties.
- _____ 2) I am optimistic. I see difficulties as temporary and expect to overcome them and have things turn out well.
- _____ 3) In a crisis, I calm myself and focus on taking useful actions.
- _____ 4) I am good at solving problems logically.
- _____ 5) I trust my intuition and can think of creative solutions to challenges.
- _____ 6) I feel self-confident, enjoy a healthy level of self-esteem, and have an attitude of professionalism about work.
- _____ 7) I am playful, find humor in things, and laugh easily at myself.
- _____ 8) I am curious, ask questions, am not afraid to experiment, and want to know how things work.
- _____ 9) I constantly learn from experience and from the experiences of others.
- _____ 10) I am very flexible and feel comfortable with inner complexities and contradictions (trusting and cautious, selfish and generous, optimistic and pessimistic, etc.)
- _____ 11) I anticipate problems and expect the unexpected.
- _____ 12) I am very durable, have an independent spirit, and keep moving forward during difficult times.
- _____ 13) I am able to tolerate ambiguity and uncertainty about situations.
- _____ 14) I am a good listener, possess strong empathy skills, “read” people well, can adapt to various personality styles, and am not judgmental.
- _____ 15) I am able to recover emotionally from losses and setbacks. I can express my feelings to others, let go of anger, overcome discouragement, and ask for help.

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_____ 16) I have been made stronger and better by difficult experiences.

_____ 17) I convert misfortune into good fortune and discover the unexpected benefit.

_____ **Resiliency Score**

SCORING

75 or higher = Very Resilient
65-75 = Better than most
55-65 = Adequate
45-55 = You're struggling
45 or lower = Seek help

Traits of Resilient People

- Emotional awareness
- Perseverance
- Internal locus of control
- Optimism
- Social support
- Sense of humor
- Perspective
- Spirituality

Becoming More Resilient

Build a Positive Attitude

- Keep a journal
- Thought-stop
- Rubber-band snap
- Milder wording
- Change negatives
- Change limiting statements into questions

Build Emotional Awareness

- Again, keep a journal
- Focus on thoughts and feelings
- Remember: it doesn't have to be pretty

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Build an Internal Locus of Control

- Make a list of problems
- Brainstorm solutions
- Pick the best, file the rest

Build Optimism

- Rally social support
- Maintain a sense of humor
- Exercise

Benefits of Spirituality

However you go about building your spirituality, you will enjoy...

- Better health
- Less stress
- More positive feelings
- Less depression
- Greater wellbeing

Finally...

Never surrender!!!

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today’s webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP’s services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:
