

# January Resiliency

We all experience change and lately change seems more rapid than ever. Karlin Sloan of Karlin Sloan and Associates tells us that resiliency is the ability to recover or adjust easily **to change** or **from changes**.

## What does a resilient person look like ?

### Resilient People have a strong:

#### 1) Relationship to Self

Self confident/positive/self aware and self managing

Resilient people practice Optimism (think into the future in positive ways)

Resilient people practice Positivity (ability to hang onto a positive state)

#### 2) Relationship to Others

Resilient people are appreciative, helpful, accepting, collaborative, empathic . Resilient people develop good relationships and have high emotional intelligence skills.

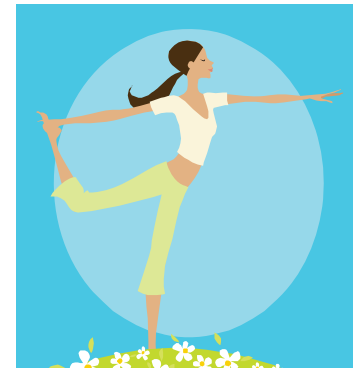
(Concern or risk for this individual is that when geared to help others it is hard to accept help for yourself)

#### 3) Relationship to Environment

These individuals are good at reframing (changing the situation to see it in a positive light) goal oriented, future minded, purposeful and proactive – they look to see how they can reframe what is in their environment in a positive way

Find someone you admire for their resilience and talk to them about the strategies they employ to stay positive, empathic and future minded. If you are self aware you are more likely to be successful in adopting some good strategies.

*The Canadian Mental Health Commission provides a mental health fitness check. A portion of the assessment measures resiliency. Go to the Canadian Mental Health Commission at the following site to take the assessment.*  
[http://www.cmha.ca/mental\\_health/mental-health-meter/#.VJgobf-  
AKA](http://www.cmha.ca/mental_health/mental-health-meter/#.VJgobf-<br/>AKA)



When you feel overwhelmed try this simple “mindful moment” exercise to help you feel more resilient:

**Exercise:** Take a moment and put your feet on the ground. Take three long deep breaths. Consider a moment, time or place in your life when you were very much at peace, calm, when you felt content. Think back to that moment. Maybe you were in nature – think of the place, hear the sounds from then, smell the environment, recall how calm you felt, breath deeply and come back to this moment. If you do this exercise with purpose and regularly you should feel a general feeling of calm and a renewed sense of resiliency.

