

Six Ways to Boost Your Resilience

Upcoming Online Seminars

6/1/21 – Healthy Discussions about Race: Appreciating Differences

7/1/21 – Caregiver Stress: When Life Becomes Work

8/1/21 – Preparing Kids for School: From Kindergarten to College

To watch these online seminars, log in to www.supportlinc.com and click on the 'Monthly Feature' tile or use the 'What's on Your Mind?' search tool.

Although change is inevitable, dealing with things like uncertainty, transition and loss isn't easy. Resilience is the ability to adapt during challenging times. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

The following tips are easy and simple ways to boost your resilience. Focus on one or two at a time to build your emotional flexibility.

Maintain a Sense of Perspective

You can't change the fact that challenges happen, but you can change how you interpret and respond to those events. Remind yourself of the good in your life and that things really will change.

Seek Support

Talking about difficult situations won't make them disappear, but sharing with a loved one, friend or coworker can help you feel less alone by having a shoulder to lean on and receiving

encouragement when you need it. Nurturing strong, healthy relationships now can help you cope during tough times.

Focus on Can, Not Can't

Situations that feel beyond your control can sometimes seem overwhelming. Start small. Ask yourself, "What's the simplest thing I can do to get started in the direction I want to go?" Once you've decided, concentrate as much as you can on the task until it's complete. Moving forward, one step at a time, can help reduce the stress you may be feeling.

Learn from Experience

Reflect on how you've coped during adversity in the past and what skills or strategies you've used. Make a list and choose one or two things to focus on now.

Laugh

In the midst of hardship, there can still be moments of joy. Plus, it's true that laughter is healing. Daily humor sites, silly videos, a favorite funny movie or

time spent with a friend who readily makes you laugh are all ways to decompress and feel some emotional respite.

Take Care of Yourself

Invest in self-care, both physical and emotional. Go on a walk, read a book, eat a healthy meal, do yoga, take a relaxing shower, work out or listen to music. It is important to prioritize time for yourself, even for just a few minutes each day, so you can recharge and have enough energy to adapt to new challenges.

Like most skills, it takes practice to increase your resiliency. Use these tools to discover your strengths and boost your emotional wellbeing.

Source: <https://www.mayoclinic.org>

To access services available through SupportLinc, call 1-888-881-LINC (5462) or visit www.supportlinc.com

The Mental Health First Aid Toolkit

Mental health issues are common and treatable. The Mental Health First Aid Toolkit teaches you how to identify, understand and respond when someone may be struggling with a concern.

For resources, tools and tips, visit www.mhfirstaid.tools today.

Debunking Mental Health Myths

Your mental health influences how you think, feel and behave every day. When your emotional wellbeing is strong, you are better able to cope with life's stressors.

This past year, the challenges created across the globe by the pandemic have brought greater awareness to mental health concerns than ever before. However, plenty of myths still surround the topic of mental health. By discussing the facts, you can help improve understanding and begin to break down stigma. Some common misconceptions include:

Myth: My mental health doesn't affect me.

Fact: Concerns such as anxiety, depression and stress are actually very common. The National Alliance on Mental Illness (NAMI) reports that one in five Americans are affected by a mental health issue every year.

Myth: Once a friend or family member develops a mental health concern, it will be difficult for them to recover.

Fact: Studies show that people with a mental health diagnosis get better and many recover completely. With support and treatment, people are able to live, work, learn and participate fully in their communities.

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health concerns varies depending on the individual and could include medication, therapy or both. Quite often, a combination of medication and supportive counseling is most effective.

Myth: I can't help a person who may have a mental health concern.

Fact: This might be the biggest myth of all. You can make a big difference by encouraging someone to get the support and treatment they need.

Source: <https://www.1in5.info/myths>