



Being *Resilient* is *Brilliant* !

Here is a Classic Resiliency Workshop Example: Hold a tennis ball in one hand, and an egg in the other. Drop them both. Which one is resilient? Resiliency is your “bounce back” from challenges and change. It is about being flexible and not rigid and breakable.



What Resiliency Is:

- Evolving a broad set of skills
- Increased personal mindfulness
- Use of methods of compassion for self and others
- Non-victim thinking
- Empathy
- Awareness of goals and vision
- Realistic optimism
- Positive images of the future
- Capacity to disengage from work when not at work
- Ability to have realistic balance of work/life
- Gratitude Practices
- Knowledge of impermanence perspective
- Work ownership and life meaningfulness

What resiliency is NOT:

- Resiliency doesn't mean you “bounce back” to your old original shape after a crisis or challenge. There is no bounce backwards. The past is past. Resiliency means moving forward into the new NOW with new meaning.
- Resiliency isn't a contest or a magical thing that happens to some special people. It is a choice and a personal life-practice.
- Resiliency doesn't mean you don't feel pain, grief or anguish. It means feeling our feelings but not dragging victimhood along like TP on our shoes.
- Resiliency isn't a false happiness. It is a process to find meaning, clarity, and a sense of presence before, during, and after a challenge.

The good news is that Resiliency is a learnable skill, not a magical thing some people have. You can become more resilient with increased awareness, practice, and an intention to know more about yourself. It is a learned practice that moves away from victim thinking and increases your resistance and capacity to recover from all kinds challenges. Being resilient is brilliant because it is about practicing excellent self-care and mindfulness, because it really is all about YOU. If you aren't in your game...there is no game!

(Continued on page 2)



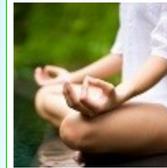
Resiliency Tips for One Month

Try One-a-Day and then Repeat:

1. Find five new ways to approach any challenge.
2. Begin your day with a positive affirming statement.
3. Learn to be more playful.
4. See your work as service.
5. Take care of your feelings appropriately.
6. Think of three difficulties and how you have learned from them.
7. Practice new skills.
8. Exercise a new skill until you are much better.
9. Make new choices.
10. Encourage people as a gift you give yourself.
11. Let something go.
12. Find balance.
13. Open up your heart and mind.
14. Accept people and situations as they are.
15. Change what you can change.
16. Encourage yourself and others.
17. Plant seeds and be a kind gardener.
18. Believe.
19. Take breaks and get a little more sleep.
20. Remember who you are.
21. Have more faith than fear.
22. Make connections.
23. Value the earth and all that reside on it.
24. Soften your ego while taking care of yourself.
25. Become fearless.
26. Maintain highest order thinking.
27. Think in terms of possibilities.
28. See your work as sacred.
29. Become who it is you truly want to be.
30. Find new ways to expand your hopefulness.
31. Seek humor and look for good things and not the negative.

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

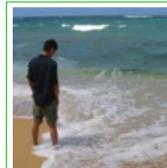
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DEVELOPING PERSONAL RESILIENCY IN THE HEALTHCARE FIELD

Resilience in physicians and other healthcare practitioners is up to organizations AND the individuals...

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THE IMPACT OF A CO-WORKER'S DEATH

Coworkers are very much like an extended family. You spend most of your waking hours with them, forging special bonds...

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CANNABIS AND YOUR JOB: WHAT YOU NEED TO KNOW

Attitudes about cannabis (marijuana, pakalolo) have certainly changed in the last few years. The recreational use of cannabis has been...

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50 IDEAS FOR SELF-CARE

If you just need some good old fashioned self-care (and who doesn't?)...here is a list of great ideas.

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(If this is a pdf you may be able to click the links to each article above!)

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www.EAPacific.com

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