

# VitaMin

Vital health information in a minute



## BUILD YOUR RESILIENCE SKILLS

When faced with stressful, traumatic or heartbreaking situations, how do you cope? You may search for inner strength to help you get through. That inner strength is called resilience, and it's a skill every person has the potential to build.

Resilience helps you bounce back from difficult experiences and emotional distress. Because people respond differently to traumatic and stressful events, your path to building resilience is unique. Look at the following areas in your life and find where you might have room to grow.

**1. Connect with family, friends and neighbors.** Giving support and accepting support from others can build up your support system and strengthen your resilience.

**2. Focus on small steps.** Don't let yourself obsess over big problems that are beyond your control. Instead, look for ways you can do something small to help build positive momentum.

**3. Believe in yourself.** It helps build your resilience. Trust your instincts and your ability to solve problems when the pressure's on.

**4. Accept change.** As the circumstances in your life change, allow yourself to accept the way things are now and focus your energy on something that you can accomplish today. Letting go of the past can be painful, but doing so is an important part of moving forward.

**5. Stay positive.** Train yourself to focus on what's going right instead of what's going wrong. Having an optimistic outlook can help you find hope and stay strong when facing stressful events.

**6. Take care of yourself.** Being resilient requires a strong body and mind. Stay fit and manage your stress to help with physical and mental endurance during difficult times. Try going for a walk or practicing daily meditation to build resilience.



Resilience helps you bounce back from difficult experiences and emotional distress.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Life Insurance Company of North America, Cigna Life Insurance Company of New York (New York, NY), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

919914 05/19 © 2019 Cigna. Some content provided under license.