

# Rising to Everyday Challenges

Of the many factors that go into navigating change, whether personal or business-related, the most important may be resiliency. Resilience is the measure of our ability to welcome challenges, overcome adversity, and get back on track to achieving our goals. With that in mind, here is some information on resilience amid changing times.

## What is resilience?

Resilience is more than coping; it's the ability to confront difficult situations and rise to challenges without getting overwhelmed by them. Resilient people are better able to handle life's stressors and to adapt to changing situations. Being resilient can help protect you from depression, stress, and anxiety, too.

Some of the characteristics of resilient people include:

- Strong relationships
- Self-motivation
- A positive view of self and confidence in their strengths and abilities
- Skills in communication and problem solving
- Self-awareness
- Emotional control

## Resiliency at Work and Home

Resilience means controlling your ego, not panicking in the face of a setback, and having the patience and ability to stay focused on long-term goals. Resilience can help you weather storms, remain steady, and make rational decisions instead of being driven by emotion. No doubt upheaval can be stressful, but there are things you can do to cope with challenging environments:

- **Find a healthy balance.** Your work is important, but it's unhealthy if you live, breathe, and sleep your job. Take time to get away from stress and to find positive outlets for your free time.
- **Be positive.** There is only so much you can control. How you feel about your situation is one of those things. Look for the silver lining and practice positive self-affirmations—it can change your mood and outlook on life.
- **Look for the grey.** Even though it may seem so, not everything is black and white or gain and loss. Search for the middle ground. It can be a far less stressful place.

