



Challenging times ahead

The world can throw many challenges your way. Some very traumatic and stressful. These setbacks are a part of life, and you can't avoid them. A series of challenges can be hard to deal with. However, resilience is the ability to cope with unexpected changes and challenges in your life by applying your inner strength and engaging support networks. It's not always possible to prevent stressful or adverse situations, but you can strengthen your capacity to deal with these challenges and that can give you the confidence to get through tough situations.

Strengthening resilience

Resilience enables you to better cope with challenging situations, and helps with your mental wellbeing. You probably already have skills and support networks that help you be resilient. You can build these up even more, making it easier for you to cope with life.

You can build your resilience by:

- knowing your strengths and keeping them in mind
- building your self-esteem — have confidence in your abilities and the positive things in life
- build healthy relationships
- knowing when to ask for help
- managing stress and anxiety levels
- working on problem solving skills and coping strategies

No matter what the nature of your issue, or how overwhelming it may seem, the wide scope of expertise available through the EAP is there to support you as you work towards a positive resolution.

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