

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

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What is resilience?

Resilience is a strength that helps you bounce back after stressful situations. When you are resilient, you can recover more quickly from setbacks or difficult times.

You can be resilient and still feel sad, lonely and worried during tough times. It also means you will most likely feel calmer and more likely to look for positive ways to manage stress.

Healthy habits—getting enough sleep, eating well, and exercising—can reduce stress, which may improve resilience. The good news is that you can develop resilience.

How can I be more resilient in a crisis?

Any crisis, such as the coronavirus pandemic, can test resilience. Each of us reacts differently to stress and trauma, and what works for your friend may not work for you. That's why it's important to learn several ways to build your resilience. Seek emotional support from loved ones. Focus on self-care activities and remember some aspects of the situation are under your control. These steps can all help you weather many storms.

More tips:

- Expect things to work out. Look for the good in stressful situations and learn from them. You can grow and learn from tough experiences.
- You get to choose how to respond to every scenario. Remembering this can help you feel in control.
- Spend time with people who make you feel good and do your part to contribute to healthy, positive relationships. Find supports at home, at work and in your community.
- Use strategies such as deep breathing and mindfulness to find a sense of calm.



- Do things that you enjoy. Find comfort in activities that bring you happiness.
- Talk about how you feel.
- Have a sense of humour. It's OK to laugh when things get rough.
- Practice gratitude. Be thankful for the good things in each day.
- Try positive self-talk. Be kind to yourself. You rock!