Bouncing Back from Stress

We have all had our fair share of stressful moments in our lifetime, some that may seem silly now when we look back at them and how much we worried at the time, while others were monumental and may have had an impact on our current state of health and well being. Whether big or small though, you've "lived to see another day" and you have built up some resilience to stress.

Simply put, resiliency is the ability to recover quickly or adapt from illness, change, stress, or misfortune and although we can not predict which problems will affect us, we can plan how we will respond.

Being resilient is important because it can help to protect us against the stresses that we all experience in life.

Here are some tips on how you can build resiliency:

- Improve your social connections
- Learn to accept and welcome change
- Set specific goals and work towards achieving them
- Keep a positive view of yourself
- Take care of yourself (live healthy, exercise, eat well, and get enough sleep)
- Keep things in perspective
- Maintain an optimistic outlook and be mindful of the positive things