

The C&A Express

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When the going gets tough and the tough get going, where are you?

Are you the type of person who draws energy from a challenge? Or do you find yourself choking on the dust that “the tough” kick up as they pass you by?

“Resilience” is a term that we hear a lot lately. It describes the flexibility that allows something to spring back into its original state after being compressed, stretched, or otherwise bent out of shape. True, the shape may not be precisely what it was before the pressure was applied. But the essence of the object is still intact.

You’ll note that “resilience” cannot be truly demonstrated without a little pressure. In fact, the opportunity to survive stressful situations is given to us on an almost daily basis. **Do you look at pressure as something that will break you or something that will give you a chance to show how determined you are to spring back?**

It’s not always easy to be resilient; you might have to work on it. Maybe you think that that’s impossible — either you’re the type to spring back or you’re not.

But there are aspects of resiliency that you should notice in yourself and in other people, characteristics that you can encourage and grow.

For example, resilient people are fighters. It’s not that they compulsively resist change, or deny bad news, or never experience misfortune. But they don’t let themselves stay knocked down for long. Once they figure out what just hit them, they get back up with a practical plan for damage control in hand. Yet as bold and novel as this plan may be, it will still reflect the person’s true values and goals in life. **Resilience requires a core that is reliable as well as flexible.**

Resilient people are creative problem solvers. Are you applying for a promotion or a transfer? Why use the same resume that got you your current position? You’ve probably learned a lot since you first wrote it. Find a way to put those new or improved skills into words. The volunteer project you enjoyed or seminar on teamwork you attended could be just the bright item your resume needs. This will also boost your confidence and self-esteem.

Resilient people take care of themselves. If you’re overly worried, you won’t sleep well, and the quality and quantity of your sleep affects many aspects of your health. Don’t cheer yourself up with junk food binges or “happy hours”. Regard challenges like Olympic events. You have to be in top shape emotionally and physically to do your best.

Resilient people know how to network. They’ve developed a sixth sense about who to trust, who to keep an eye on, and who *they* can help. People remember people who are kind to them; some even like to reciprocate!

Resilient people develop what may look like competing characteristics. They refuse to mope around and be pessimistic all the time, yet they balance their optimism with practicality. **They look out for themselves without being insensitive to the needs of others.** They can be dead serious and empathetic about your problem just before they crack you up with the perfect tension-relieving joke. They may be deeply spiritual yet never “preachy”.

And resilient people know when to consult the pros. Why waste time on solutions that don’t work? You can obtain free, confidential help 24 hours a day from your Employee Assistance Program. **Just call 800-742-2858.**

Remember, we’re only a phone call away!