

Healthy & Resilient You



FACING Life Changes

One Daily Challenge
at a Time

Most of life's milestones, like having children, planning for retirement, and buying a home all require long-term commitment, planning and strategies for navigating any unexpected hurdles along the way. Whether these hurdles are big or small, with the right tools for the job, you can learn to embrace the challenges that lay ahead in a way that makes life more manageable and fulfilling.

Resilience training: Skills for life

Practicing resilience training is a great way to progress through challenges and successfully manage responsibilities. Like any skill, it gets easier the more you practice it. *Here are some ways to help keep yourself motivated and moving forward on your life-journey.*

Focus on DOING

When you take action you bypass anxiety and start to guide your future in the here and now.

- › Do you have a project at work that is so large it feels overwhelming? Break it down into smaller tasks that you can complete in a day or less. As you complete each task you'll build momentum, tackling the project one doable item at a time.

Simplify routines

Life is always going to come with a little chaos so you can't avoid it entirely. However, you can create routines and make conscious choices to minimize the madness.

- › Do you find it hard to get dinner on the table every night? Planning ahead will help. Cook enough on the weekend for two or three delicious leftover meals during the week. Then, have soup and sandwiches another night and order in once or twice to fill in the blanks.

Train yourself to change

Studies have shown that attaching an instigating event to a desired new habit will dramatically improve the chances that it becomes routine.

- › Do you find yourself driving past the gym on the way home? Change into your workout clothes before leaving the office and you'll be more likely to hit the gym instead of passing it by.



Resilience Tip: *Take time to recover. Just like your body needs a day to heal after a great workout, you need recovery time when you've just completed a big sprint of personal growth. Take a short vacation to reflect and allow your mind to process your experience.*

Controlling the chaos: The art of work/life balance

We pack a lot into a single day. Career, family, friends, hobbies...it all adds up to a very busy daily calendar. Our schedules can sometimes overwhelm us, especially when surprise challenges kick in. Here are some common challenge scenarios and suggestions to power through them like a champ.

Are new deadlines keeping you at the office past your normal hours and causing you to miss important family moments like sit-down dinners or school events? **Instead of feeling guilty and stressed, try changing the routine.**

- › Take an hour or two to spend quality time with your family like cooking a fun meal with your partner or working on an art project with your kids. Then work a few extra hours from home.

When unexpected developments derail your day – a burst pipe, a child with a fever - you can compensate by **building a support system.**

- › Communicate. Be open with your boss about any changes at home. Perhaps you can work remotely for a few days to better meet home and work challenges.
- › It's important to find others who can help you. Form a group of colleagues who support each other through moments like these and swap favors.

You injure yourself exercising and now you can't lift a plate, much less your little one. **Help your children help you.**

- › Kids can be helpful at young ages if they know how. Instead of always taking on the entire burden of dishes, laundry, and other routine chores, teach your kids early on how to help out.
- › You and your kids will all benefit from the time spent building new skills together, and your kids will feel a sense of accomplishment whenever they lend a hand.



Resilience Tip: Don't try to predict and prepare for everything. Trying to plan for every "what if" can slow or even halt progress. Instead, take some time to reflect on your previous successes to remind yourself that you are capable and then hone in on what you can influence.



Building a more resilient you

When faced with new challenges that might feel overwhelming at first, think about the possibility of becoming who you really want to become...a better parent, a more successful business person who creates jobs for many, a better spouse or someone who contributes to society. This great version of you can be realized by being proactive and embracing the unknown with confidence and resilience.

Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™.

If you are a first-time user, type in your company name to access the site. www.ConcernResilienceHub.com

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If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

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