



1

---

---

---

---

---

---

---

**Objectives**

- Define and understand resiliency
- Develop a resilient mindset through positive thoughts, beliefs and behaviors
- Implement strategies to find motivation during difficult times

Anthem EAP

2

---

---

---

---

---

---

---

**What Is Resiliency?**

Resiliency is the ability to cope with and manage both ordinary and extraordinary life events, as well as the ability to return to a status quo "good state of being"

Being resilient doesn't mean being free of difficulty, stress or pain - through struggle we gain insight and develop inner strengths

There are three areas in life that require equal attention and balance to optimally respond to life's challenges and thus increase resilience: physical, emotional and intellectual needs

Anthem EAP

3

---

---

---

---

---

---

---

### The Good News!

The capacity to be resilient is within all of us

Resiliency can be learned and developed through the thoughts, beliefs and behaviors we use to help us get through difficult experiences

AnthemEAP

4

4

---

---

---

---

---

---

---

### Assess Your Resilience

- Do you have a strong social network?
- Do you easily adapt to change?
- Can you laugh at yourself?
- Do you see the glass as half full?
- Are you confident most of the time?
- Can you identify your emotions?
- Do you take care of your health?
- Do you view experiences as an opportunity for growth?

AnthemEAP

5

5

---

---

---

---

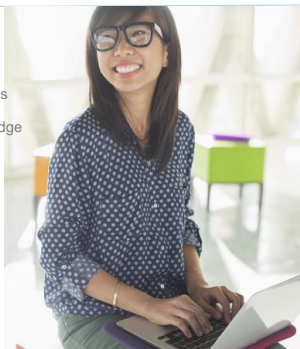
---

---

---

### Developing A Resilient Mindset

- Positive self-talk
- Reframing
- Learning from past experiences
- Gaining new skills and knowledge
- Connecting with others
- Communicating effectively
- Maintaining a sense of humor
- Acceptance and taking action



AnthemEAP

6

---

---

---

---

---

---

---

### Positive Self-Talk

- Become aware of your internal "self-talk"
- Respect yourself
- Challenge negative or irrational thinking based in half-truths and distortions
- Keep things in perspective
- Increase positive messages
- Nurture a positive view of yourself and your ability to solve problems

"If you think you can, or think you can't, you're right." -Henry Ford

AnthemEAP

7

7

---

---

---

---

---

---

---

---

### Reframing

Reframing offers a new or different point of view

- Reinterpret the meaning of an experience
- Shift the focus away from the pain and difficulty to finding a positive outcome
- Focus on your strengths and capabilities
- See your options more clearly
- Foster a more accurate, realistic and optimistic perspective
- With practice, adapt more quickly and be more emotionally flexible

AnthemEAP

8

8

---

---

---

---

---

---

---

---

### Past Experiences

Learn from your past experiences!

- "What have my strategies been to overcome adversity in the past?"
- "What have my reactions been to these events?"
- "Which strategies were effective and which were not?"
- "What will I do differently or the same the next time?"

Gather different perspectives from the experiences of others!

- Your load may seem lighter compared to that of others

AnthemEAP

9

9

---

---

---

---

---

---

---

---

### Gain New Skills and Knowledge

- Feed your intellectual needs - keep learning and gaining new skills
- Foster a curious attitude
- Make and learn from mistakes
- Travel to new places and expose yourself to different cultures
- Keep up with interests and hobbies
- Be adventurous and take appropriate risks
- Set and strive to achieve new work goals

**"There's no growth in the comfort zone and no comfort in the growth zone."**

AnthemEAP

10

10

---

---

---

---

---

---

---

---

### Make Connections with Others

- Build and maintain close relationships with family and friends
- Express your feelings of appreciation with those you care about
- Spend time with those who share your interests and passions
- Ask for support from close relationships when you need it
- Be available to help others
- Volunteer and get involved in your community

AnthemEAP

11

11

---

---

---

---

---

---

---

---

### Communicating Effectively

- Listening can be difficult when you are distracted, it's vital to discipline yourself to listen reflectively
- Appropriate assertiveness is important in getting your needs met
- Be aware of times when you have strong feelings, and may be experiencing some anger, it's important not to let those feelings influence your communications
- Concentrate on the confident, positive person you are
- Be cautious regarding what you communicate on social media!

AnthemEAP

12

12

---

---

---

---

---

---

---

---

### Maintaining A Sense Of Humor

- Humor and laughter offers a multitude of mental and physical health benefits
- Be flexible and learn to take yourself less seriously
- Even when things aren't going well, seek things to smile about
- Spend time with people who use humor well
- Nourish and sustain your sense of joy

AnthemEAP

13

---

---

---

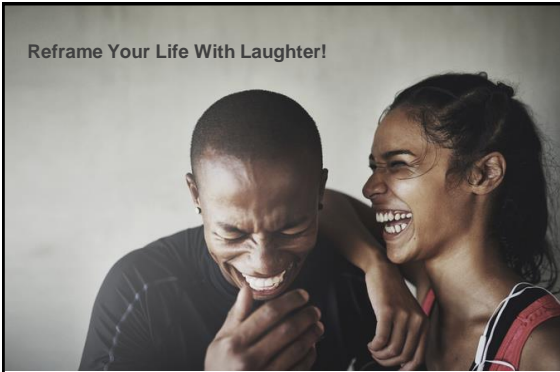
---

---

---

---

### Reframe Your Life With Laughter!



AnthemEAP

14

---

---

---

---

---

---

---

### Acceptance And Taking Action

- Try not to harbor regrets
- Learn to let go of things you have no control over
- Release unproductive worrying or blaming
- Accept that adversities are part of life
- Evaluate your options and take charge with decisive action
- Break down complex problems into smaller accomplishable steps
- Be patient and flexible while you adjust - it takes time to work through a difficult situation

AnthemEAP

15

---

---

---

---

---

---

---

13

14

15


Take Care Of You!

- Take time to exercise
- Don't forget to eat a healthy diet
- Sleep is vital to resilience
- Treat yourself well

“When the going gets tough,  
the tough get going!”

AnthemEAP

16



---

---

---

---

---

---

---

16


Call Your EAP Today!  
800-999-7222  
Or go to our website at  
AnthemEAP.com  
Login: Fulton

*How EAP Can Help ...*

- Face-to-face counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
  - Resources
  - Self assessments
  - Health/wellness library
  - Legal forms

AnthemEAP

17



---

---

---

---

---

---

---


17

Questions?

Call Your EAP Today!  
800-999-7222  
Or go to our website at  
AnthemEAP.com  
Login: Fulton

AnthemEAP

18



EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

---

---

---

---

---

---

---

18

6