



Building Resilience in Challenging Times

Resilience is your ability to bounce back from adversity, adapt to challenges, and continue moving forward. Life can throw curveballs, but building resilience helps you handle stress, stay focused, and find solutions before your struggles overwhelm you.

Use the following checklist to strengthen your emotional resilience so you can navigate tough times with confidence. You don't need to use all the methods listed; start by choosing one method per category.

Know Your Triggers

- ☐ Track your emotional responses to identify stress patterns.
- ☐ Take note of what triggers feelings of frustration, anxiety, or helplessness.
- ☐ Set boundaries in your work or personal life. Say no when necessary, and don't over-commit. Practice saying, "I need a break" or "This is too much right now."

Develop Healthy Coping Strategies

- ☐ Take 10-minute walks during the day. Movement helps clear your head and reduces stress.
- ☐ Try a quick breathing exercise: inhale for 4 seconds, hold for 4, and exhale for 4. Repeat this a few times when you feel tense.
- ☐ Dedicate 15-30 minutes each week to a hobby, whether it's painting, gardening, or reading.

Cultivate Optimism

- ☐ When negative thoughts pop up, ask yourself "What's a more positive or practical way to look at this?"
- ☐ Reframe negative thoughts by focusing on opportunities for growth and learning.
- ☐ Remind yourself that setbacks are temporary and you have the ability to overcome them.

By recognizing your triggers, developing healthy coping mechanisms, and reinforcing positive affirmation, you can make significant progress towards building emotional resilience.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



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Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. [Sign in to kp.org to get started.](#)