

Coping + Resilience

During Tough Times



[RECURSOS EN ESPAÑOL](#)

At some point, everyone faces difficult times. Problems at work, the death of a pet, financial debt, a break-up, natural disasters, and community violence, are all examples of challenging life experiences. Whether personal or global, tough times cause stress. They may even shake you to your core. When hard times hit, they can either define, destroy, or strengthen you. Tough times can bring on a flood of emotions and a sense of uncertainty. Yet, over time, most people adapt well to stress and life-changes. Developing strong coping strategies will help you to be resilient. When life gets complicated, resilience is that ability within you to bend and bounce, so you don't break.

KEY TERMS

Cope: To deal with problems or difficulties with a degree of success.




Resilience: The ability of a person, family, organization, or community to cope with and adapt to challenges or setbacks.

Stress: A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Trauma: Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways: directly experiencing, witnessing, learning of, repeatedly experiencing, or extreme exposure to aversive details of a traumatic event.

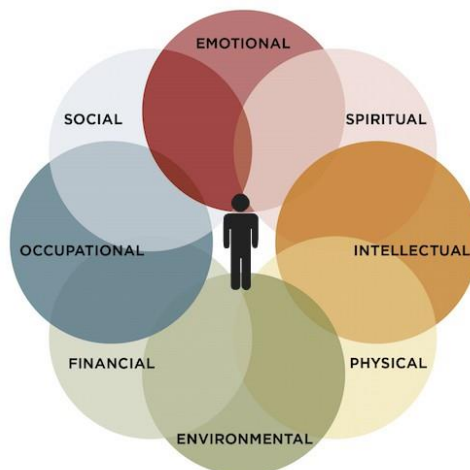


SUGGESTED YouTube VIDEOS

-  [Tony Robbins: Weathering Tough Times \(2:50\)](#)
-  [Still I Rise by Maya Angelou \(3:39\)](#)
-  [Sheryl Sandberg on Resilience \(3:34\)](#)

8 DIMENSIONS OF WELLNESS

SAMHSA has identified eight dimensions of wellness that are keys to creating a life of resilience and holistic wellness. Health and wellness calls for an integrated focus on both the mind and the body. Integrating the eight dimensions into daily life can improve your ability to cope with stress and build resilience. SAMHSA has produced a short [video](#) explaining the eight dimensions of wellness.



RESOURCES



[Coping Tips for Traumatic Events and Disasters \(SAMHSA\)](#)

[Warning Signs and Risk Factors for Emotional Distress in Children, Teens, and Adults \(SAMHSA\)](#)

[Coping with Anniversaries and Trigger Events \(SAMHSA\)](#)

[Coping with Incidents of Mass Violence \(SAMHSA\)](#)

[Tips for Managing Stress for Survivors of a Disaster or Other Traumatic Event \(SAMHSA\)](#)

[Coping with Grief after Community Violence \(SAMHSA\)](#)

[How to Deal with Grief \(SAMHSA\)](#)

[Taking Care of Emotional Health after a Traumatic Event \(American Red Cross\)](#)

[Fourteen Ways to Get Through Tough Times \(Psych Central\)](#)

[How to Strengthen Your Resilience \(Psych Central\)](#)

[Survival of the Resilient: Skills for Handling Life's Inevitable Disappointments \(Psych Central\)](#)

[Coping with Traumatic Events: Resources for Children, Parents, Educators, and Other Professionals \(SAMHSA\)](#)

[Option B: Five Ways to Build Resilience \(Forbes\)](#)

[Coping with Discrimination \(APA\)](#)

[Ten Ways to Fight Hate: A Community Response Guide \(Southern Poverty Law Center\)](#)

[Coping with Everyday Problems \(MHA\)](#)

[The Road to Resilience \(APA\)](#)

[Steps for Assisting and Directing People in Crisis \(US DHHS\)](#)

[Dealing Better with Hard Times \(MHA\)](#)

[Five Qualities to Get You Through the Hardest Times \(Iyanla Vanzant\)](#)

[Mantras That Can Help You Get Through Any Crisis \(Deepak Chopra\)](#)

[Helping Children/Youth Cope \(SAMHSA\)](#)

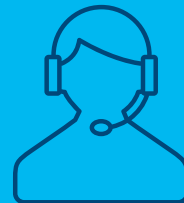
NEED MORE INFO? CONTACT US

FOOTNOTES

The American Psychological Association (APA) suggests that building resilience is similar to rowing down a river. Traveling the river, you'll encounter rapids, turns, and shallows. As in life, each change you encounter affects you differently. Knowledge about the river and past experience in navigating it is helpful. Having a plan can help to ensure a smoother journey. Perseverance and trust in your ability to navigate around obstacles is important. Trusted travel companions can be especially helpful for dealing with difficult stretches. You can stop to rest alongside the river, but the journey continues, and you'll need to keep rowing. ♦



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Life. Just when you think you've got it figured out, along comes a challenge. Whether your needs are big or small, your Life Assistance & Work/Life Support Program is there for you. It can help you and your family find solutions and restore your peace of mind.

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** Legal consultations and discounts are excluded for employment-related issues.

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