



Building your emotional resiliency

A resilient workforce is productive, healthy and energetic. It plays a key role in our daily lives, assisting us on our own path to success and overall well-being.

WHAT IS RESILIENCY?

Resiliency is the ability to adapt to and overcome challenges, setbacks and stressors. It's about absorbing any learning offered by setbacks quickly and at a minimum physical and mental cost. Building resiliency will help you to not only bounce back from adversity, but also equip you to better manage your mental health, including conditions like anxiety or depression.

HOW CAN YOU BUILD RESILIENCY?

- ✔ **Ensure you have a network of supportive relationships.** Accepting help and advice from others allows you to gain perspective and maintain your mental health.
- ✔ **Maintain a positive outlook.** Focusing on the future solution and the path beyond your current challenges enables you to see your setbacks as temporary and fixable.
- ✔ **Practice self-care.** This could be anything from exercise to meditation to mindfulness, to simply taking time to do things that you enjoy.

WHAT RESILIENCY RESOURCES ARE AVAILABLE?

There are numerous free websites and resources available to help you build and practice resiliency, including the following tools:

BALANCE

Alberta Blue Cross's online wellness program that rewards you for taking control of your health and provides the tools you need to make healthy behaviour changes. As an Alberta Blue Cross plan member, you have access to Balance, where you can find mental health and resiliency resources such as

- ✔ mood trackers—to help you to be more aware of changes in your mental state;
- ✔ Learn & Earns about mental health—so you can find out about coping mechanisms and good mental health practices;
- ✔ SMART goals—to guide you in setting and achieving attainable personal objectives; and
- ✔ reminders for healthy behaviours—such as connecting with loved ones and breathing.

Visit www.ab.bluecross.ca/balance for more information.

ROAD TO RESILIENCE PRESENTATION

The American Psychological Association (APA) has a Road to Resilience guide, which you can use to better understand and practice resiliency. Visit apa.org/helpcenter/road-resilience.aspx to find out more.

5 WAYS TO BOOST YOUR RESILIENCE AT WORK ARTICLE

Learn more about improving your workplace resiliency with Harvard Business Review. Visit hbr.org and search for *5 Ways to Boost Your Resilience at Work*.

VERYWELL MIND WEBSITE

Visit verywellmind.com for a wide variety of resources, tips and advice to building resilience and maintaining mental health.

We hope you'll continue to work on building resiliency and practice self-care. Please reach out to the Alberta Blue Cross wellness team at wellness@ab.bluecross.ca for more resources and information, or visit our website at www.ab.bluecross.ca.

