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The Road to Resilience

Surely you have asked yourself the “Why” question many, many times when something stressful, painful or detrimental in your life has happened. It’s natural. Inherently, we avert discomfort and wish for calm. That’s our eternal quest for homeostasis – our internal wish for stability and balance. Yet there are so many ups and downs day to day, that our wish for a harmonious existence, eludes us. For that reason, both practicing and investigating psychologists have been searching to understand how individuals adapt to stress and adversity. There’s simply a growing need to properly and effectively cope with stressors in life. As we know stress cannot altogether be eliminated, only reduced or mastered.

The American Psychological Association defines psychological resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial problems.

Research has shown that resiliency is ordinary, not extraordinary. That means that when placed in unforeseeable catastrophic situations, such as political conflicts and war, virus outbreaks, economic crises, industrial accidents, violent attacks, natural disasters, humans rise to take on such circumstances. People commonly demonstrate resilience. Being resilient does not mean that you will not experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. The key to resiliency is how to grow and learn from survival and how to remain flexible in order to recover and bounce back.

If you want to learn more about how to build resiliency, the OEA will be offering a 1hour workshop on and increasing resilience. To register please click here:

<https://auth.fiu.edu/cas/login?service=https%3A%2F%2Fprofessionaldevelopment.fiu.edu%2Flogin>



Learn more about
OEA and what
services we offer.

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4 Things Resilient People Do

- **Seek help.** Resilient people know they can't do it alone. They ask for help. But more specifically, they go to the right person. In a medical emergency, resilient people will rely on experts by calling 9-1-1 or a hospital and tap their network for medical and other allied health professionals. While friends and family can be comforting, resilient people make skillful choices as to which friend, family member or professional to rely on in a given situation.
- **Learn from failure.** Resilient people understand failure is a necessary stumbling block toward success. In his book, *Choose The Life You Want* (link is external), Dr. Tal Ben-Shahar, writes extremely successful people often fail repeatedly and understand they must risk making mistakes to thrive: "The choice is a simple one: Learn to fail, or fail to learn."
- **Stay positive.** While unrealistic optimism can cloud one's judgment and therefore lead to poor decision-making, realistic optimism is essential to living a healthier and more joyful life. Dr. Barbara Frederickson found people who score high on resilience surveys do not "succumb to negativity" but rather let their negativity sit alongside positive emotions such as gratitude, love and joy.
- **Keep going.** Having good problem-solving skills enables people to succeed. The core ingredient to push through stress is self-mastery. People high in the belief that they can master their environment simply do. In this way, believing you can do it, makes it so.



The Art of Resilience

A 1-hr. workshop offered by the Office of Employee Assistance on:

Friday, March 11th at 11:30 am -12:30 pm

Green Library 2nd Floor - GL-220



“We Can
Help”

As much as we'd like to separate our work life from our personal problems, it is often difficult to do so. Without even realizing it, we may find that our mind wanders, we may miss work -- or when we are there, we're not really all there. That is why FIU created the Office of Employee Assistance.

You will be able to consult with an experienced clinician who will listen to your concerns, discuss and explore your options, and then work with you to determine a plan of action.

OEA provides many free and confidential services...

The OEA provides free and confidential professional assistance to help employees and their families resolve personal problems that affect their personal lives or job performance. The mission of the program is to enhance the quality of life of FIU faculty and staff; improve personal and organizational effectiveness; and create a healthier campus community by providing mental health assessments, brief interventions and/or referrals, group development facilitation, and educational and training programs. FIU faculty and staff and their immediate family members are eligible for services.

“Help is
Within
Reach”

Call (305)348-2469 or Click on www.oea.fiu.edu for assistance and resources.