

Resiliency Rebuild

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We're quite aware that it's a little over a year into the pandemic – a worldwide event that has shifted every aspect of our lives. Vaccinations are happening and the idea of “normal” may be more a part of our conversations lately. But while there is a sense of hope, many are experiencing a sense of exhaustion and overwhelm. Truth is, we've had an exhausting and overwhelming 12 months. Feeling this way is completely understandable. But our resiliency – our ability to bounce back - body, mind and spirit – has really been put to the test. So how do we rebuild this ability to bounce back?

According to www.bouncebackproject.org there are six sure-fire ways to help ourselves and each other regenerate resilience and truly bounce back:

1. Create a sense of purpose – Recognize that we are part of something bigger than ourselves.
2. Gratitude – Intentionally looking at what you are thankful for each day.
3. Take care of yourself – Take some time to figure out what this means for you – you're worth the effort.
4. Connect with others – We all need a sense of belonging whether it's at school, work, home, church, etc.
5. Random acts of kindness – Simple acts of kindness for others, without any expectation of something in return.
6. Three good things – Look for three good things in any day, event or situation; it helps the mind reflect on the positives, and will lead to seeing even more positives.

Our ability to bounce back has truly been put to the test this past year. Practicing even one of these options above can begin your own personal resiliency rebuild! If you need a little extra help along the way, please feel free to reach out. We're happy to help!!

To speak with a EAP counselor, please call (402) 398-5566 or (888) 847-4975.