

# Your EAP|Here4TN!

*for you and your family*

**PARTNERS  
FOR HEALTH**  
EMPLOYEE  
ASSISTANCE  
PROGRAM

## You Can Enhance Your Resilience

Sometimes it doesn't pay to get too comfortable. Now more than ever, things change at a dizzying pace. The familiar soon becomes a memory, and suddenly we're challenged to keep up with new circumstances.

In other words, we often have to adjust to what life brings us, whether we're ready or not. We may see the changes as positive—such as a marriage, a new child or a new job or home. Or, we may see them as negative—such as the end of a relationship or the loss of a loved one. Regardless, the level of stress we experience can be equally high. Plus, when multiple changes occur at once, the stress can further impact our health and well-being.

When you're able to bounce back in the face of challenges, you're being resilient. Although it's not always easy to process the "curves" that life throws you, the good news is that you can take practical steps to learn how to be more resilient in the future.

This month we look at ways to be more resilient, including:

- Techniques you can use to better adjust to life's challenges
- Coping skills you can employ when facing changes
- Empowering ideas for staying resilient despite difficulties

### Log on and learn!

You can access more information on resiliency at [www.Here4TN.com](http://www.Here4TN.com) under the Library/In the Spotlight section. You can learn to be more resilient!

**If you don't like something,  
change it. If you can't change it,  
change your attitude.**

– Maya Angelou

[www.Here4TN.com](http://www.Here4TN.com)  
1.855.Here4TN (1.855.437.3486)

## Tips for Active Change Management

When possible, limit the changes. If you know that certain changes are coming, such as an office move or a wedding, don't pursue too many other initiatives at the same time.

**Practice adapting.** Get into the habit of adapting to new things. Start off small by taking a new route to work or reading a book on an unfamiliar subject.

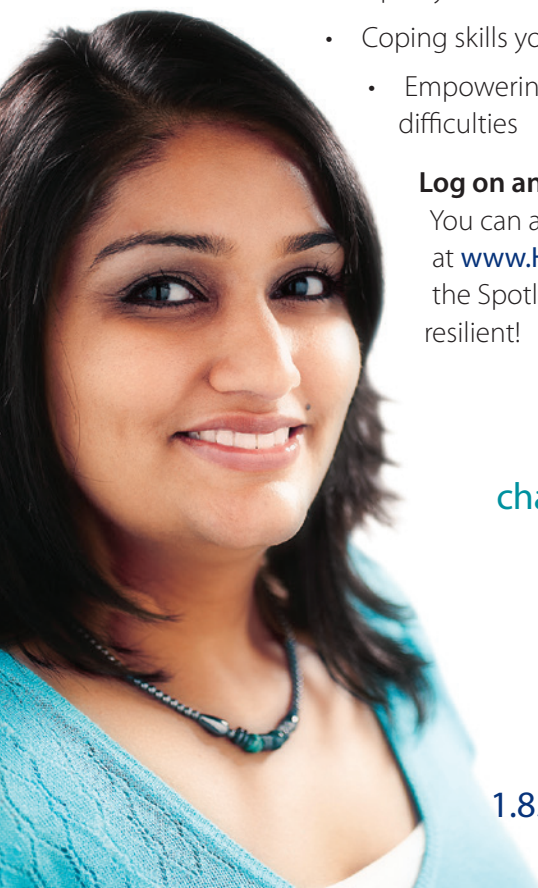
**Take control.** Change is stressful because it can threaten your sense of control. Try not to see yourself as a victim. Instead, adapt and move forward.

**Be patient with yourself.** Remember that even the most resilient people need time to process a new reality.

**There's light at the end of the tunnel.** No matter how difficult or uncomfortable a change may be, remember that even the darkest of days won't last forever.



Visit [www.Here4TN.com](http://www.Here4TN.com) now!



# Be Ready for—and Cope With— Change

Sooner or later, changes in life will abruptly toss you out of your comfort zone. You may need to respond to unexpected health issues or a work reorganization or financial trouble. While being in one's comfort zone can be the path of least resistance, it won't be permanent. One of the best ways to maintain resilience is to accept that change is coming—and that you can face it successfully.



## Work on Acceptance

It's best to view change as a natural and healthy part of life. Instead of thinking about change in a negative light, try looking at change as a way to keep your life fresh and challenging. Then look for ways to make the change work to your advantage when possible. Try to see it as an opportunity, not a crisis.

## Manage the Stress

Big changes in life usually go hand-in-hand with stress. Losing your appetite, ignoring exercising and not getting enough sleep are all common reactions to a crisis situation. But if you neglect your own needs at these times, it can lead to physical and emotional issues. These can include everything from headaches and digestive problems to high blood pressure and insomnia.

Instead, be sure to make time for activities that keep you healthy. Practice relaxation techniques, meditate, or use other stress-reducing tactics. Keep up with your regular exercise routine. Stay involved with your favorite hobbies. Remember to get enough sleep and eat a balanced diet. A great way to stay on track with your fitness and eating habits is to participate in the *Working for a Healthier Tennessee* initiative in your workplace. Your department or agency should have a designated site champion. If your department or agency is not already involved and you would like information on how to get started, send an email to [Healthier.Tennessee@tn.gov](mailto:Healthier.Tennessee@tn.gov).

## Turn the Change Around

Some people can become emotionally paralyzed by rapid changes. People who are more resilient, however, often use these challenges to redirect their lives in new, unforeseen ways. So, try to be ready with confidence that you can handle whatever changes come. Be open to the new directions your life may take.

## Adjusting to Life's Challenges

When setbacks and hard times occur in your personal or professional life, it can be very tough to pick up the pieces and go on. But there are proactive steps you can take to better roll with the punches.

- **Let go of what you can't control.** Many of the swirling events in life are outside of our control. It's wise to try to adopt a positive attitude toward new circumstances.
- **Write and reflect in a journal.** Record your experiences, feelings and thoughts. Safely venting in a private way can help you release strong emotions and move forward.
- **Take some action.** Spend time figuring out what to do next. Make a list of the potential ways you could deal with the current issue. Weigh your options, and create a step-by-step plan for action.
- **Build on your experience.** Try to recall how you've gotten through similar challenges in the past. Re-apply those strategies in the present.
- **Reach out for feedback and support.** Share your concerns with a friend or loved one. You can always contact ParTNers EAP for up to five no-cost counseling sessions at 1.855.Here4TN (1.855.437.346).

**Magellan**  
HEALTH<sup>SM</sup>