



Santa E. Pena LPC-S, CART

RESILIENCY

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress -- It means "bouncing back" from difficult experiences.

Factors of Resilience

- *Having caring and supportive relationships within and outside the family
- *The capacity to make realistic plans and take steps to carry them out
- *A positive view of yourself and confidence in your strengths and abilities
- *Skills in communication and problem solving
- *The capacity to manage strong feelings and impulses

10 Ways to Build resilience

- *Make connections
- *Avoid seeing crises as overwhelming problems
- *Accept that change is a part of living
- *Move toward your goals. Develop some realistic goals
- *Take decisive actions
- *Look for opportunities for self-discovery
- *Nurture a positive view of yourself
- *Keep things in perspective
- *Maintain a hopeful outlook
- *Take care of yourself

Learning from the past

- *What kinds of events have been most stressful for me?
- *How have those events typically affected me?
- *Have I found it helpful to think of important people in my life when I am distressed?
- *To whom have I reached out for support in working through a traumatic or stressful experience?
- *What have I learned about myself and my interactions with others during difficult times?
- *Has it been helpful for me to assist someone else going through a similar experience?
- *Have I been able to overcome obstacles, and if so, how?
- *What has helped make me feel more hopeful about the future?

Staying Flexible

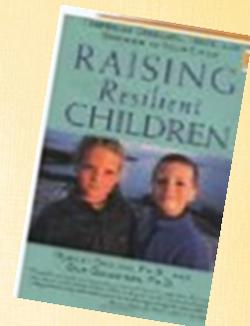
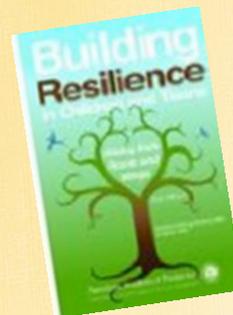
- *Let yourself experience strong emotions, and also realize when you may need to avoid experiencing them at times in order to continue functioning
- *Step forward and take action to deal with your problems and meet the demands of daily living, and also step back to rest and reenergize yourself
- *Spend time with loved ones to gain support and encouragement, and also nurture yourself
- *Rely on others, and also rely on yourself

Places to look for help

Getting help when you need it is crucial in building your resilience. Beyond caring family members and friends, people often find it helpful to turn to:

- *Self-help and support groups
- *Books and other publications by people who have successfully managed adverse situations
- *Online resources
- *A licensed mental health professional

Book Recommendations:



Professional Counseling Services, PLLC
 3222 S. Sugar Rd.
 Edinburg, TX 78539
 Phone (956) 316-4900
 Fax (956) 316-4901

PROFESSIONAL COUNSELING SERVICES

Our mission is to continuously strive to provide the mental health services for individuals, the whole family and the community by offering qualified professional counselors, with a relaxing atmosphere, and a friendly service.

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