

Tips to Build Resiliency



Normal Reactions to Stress and Trauma

Physical responses include:

- Change in sleep patterns
- Change in appetite
- Shallow, rapid breathing
- Dizziness and headaches
- Muscle tension
- Increased heart rate
- Upset stomach

Emotional responses include:

- Shock or numbness
- Anger toward others involved
- Guilt/frustration/sadness
- Feeling unsafe or vulnerable

Psychological responses include:

- Confusion
- Difficulty concentrating

Behavioral responses include:

- Withdrawal from others
- Angry outbursts
- Crying
- Irritability
- Decreased energy/ambition
- Marital/relationship conflict
- Increased use of alcohol or medications

Tips to Foster Resiliency to Adapt and Overcome Challenges

- Believe in your ability to bounce back
- Find your optimism
- Know that setbacks can be temporary
- Care for yourself by eating healthy and getting rest
- Restore your sense of purpose
- If you're on medication, continue on your prescriptions and schedule an appointment with your doctor
- Seek out comfortable, familiar surroundings that promote well-being
- Share your feelings with people you trust
- Work on accepting what has happened
- Give yourself time to rebound
- Set a positive goal
- Return to or create daily routines for yourself and your family
- If you are spiritual, seek guidance
- Find your sense of humor. It can be helpful to laugh during challenging times
- Find, renew or recommit to your purpose in life
- Make a commitment to yourself to thrive and be your best

Life brings challenges! Remember your Best Care EAP benefits are available to you. Our licensed counselors are compassionate, caring and ready to help in any way they can. Visits can be in-person or via telehealth and are always confidential. To request an appointment, please fill out our [counseling registration form](#). If you have any issues with the form, please call our office and we'll be glad to help: (402) 354-8000 or (800) 801-4182.