

# Building Resilience

## Your mind and your body work together

Psychological studies show that your mind and your body are strongly linked. As your mental health declines, your physical health can wear down, and if your physical health declines, it can make you feel mentally "down." A positive outlook can help keep you healthy.

You can improve the quality of your everyday life by building the skills of resilience, which will help you adapt to stress and bounce back from life's most difficult times. Resilience isn't something you're born with - it's something you can learn over time. Resilient people are people with strong emotional well-being who have healthy relationships with people and an optimistic outlook. Optimism and good relationships both have been shown to improve health and longevity.

You can also pay attention to what your body is telling you about the state of your mind. If you're getting tension headaches, for example, your body may be telling you that you need help dealing with whatever's on your mind.

## A Counselor can help with everyday life

A counselor can help you meet the challenges and stress you face every day by working with you to create strategies that build resilience. Talking to a professional counselor can help you deal with emotions that can make you sick.

Psychological well-being and learning resilience go hand in hand and provide:

- The capacity to make realistic plans to deal with stressors in your life and carry them out
- A positive view of yourself and confidence in your strength and ability to confront life's challenges
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses associated with stress
- Ways to avoid illness brought on by stress, anxiety and other mental stressors.