



The Art and Science of Being Unbroken

According to the American Psychological Association, resilience is “the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.”

We have all faced these things, and everyone copes and adapts differently. And it's not just a traumatic experience that puts pressure on our resiliency. Have you ever heard the term “good stress?” It sounds like an oxymoron, doesn't it? But think of the birth of your new family member, or the interview process for a job you want. These are positive events (usually) and yet, even they can take a toll on our mental health and drain a little from our “resiliency reserves.” Becoming a parent, or starting a new career, require many adaptive changes to everyday life. Everything is different, and even though it's amazing, and it's what you wanted, it doesn't mean it's easy! The routine has changed, it's unfamiliar, uncomfortable, and can be exhausting.

If we continue to make withdrawals from our resiliency account, without adding anything back, eventually we will be worn down mentally and physically. It is well documented that chronic stress can cause major health issues in the long run so making a conscious effort to learn and practice healthy coping skills is important.

Please take the time to read these additional articles on resiliency. They will help you with this week's activity.

Canadian Mental Health Association: Building Resilience

<https://cmhahkpr.ca/building-resilience/>

Psychology Today: Learning to be Resilient

<https://www.psychologytoday.com/ca/blog/media-spotlight/201305/learning-be-resilient>

