

# Connect Care

## Resilience: A Skill for Changing Times

BY DR. ROGER HABER

Are you a resilient person? Resilience is the capacity to withstand or to recover quickly from difficulties. The American Psychological Association describes resilience as “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” We are definitely in changing times and resilience needs to be seen as an essential skill to navigate in the marketplace.

Cheri Rainey, writing for Forbes, suggests that building resilience in the workplace is a “crucial skill that empowers individuals to navigate challenges, bounce back from setbacks, and maintain high performance.”

Rainey suggests that building resilience, not only enhances our ability to adapt to change, but also promotes well-being and encourages a positive work environment.

“But what do I do if I’m not that resilient?” Rainey states that resilience is not a fixed trait but can be learned and developed.

Here are some steps you might consider taking to develop resilience:

- ❑ **Develop a Growth Mindset.** Rainey reminds us that challenges and failures are opportunities for growth and learning. Try to see setbacks at work (and in your life) as temporary and as motivations to enable you to persevere in the face of obstacles.



**“RESILIENCE IS A  
CHOICE. IT’S  
CHOOSING TO RISE  
ABOVE YOUR  
CIRCUMSTANCES,  
NO MATTER HOW  
DIFFICULT, AND  
BECOME THE  
PERSON YOU’RE  
MEANT TO BE.”**

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**DAVID COGGINS**

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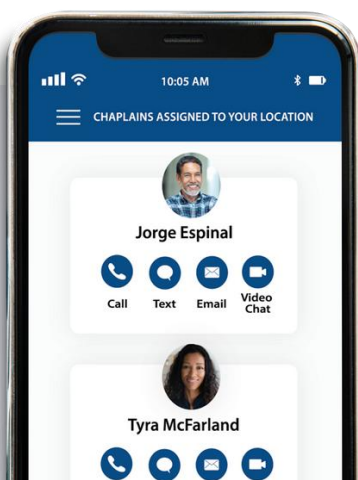
Seek feedback from mentors, supervisors, or colleagues in identifying areas for improvement. Setbacks can be viewed as stepping stones toward success.

- ❑ **Practice Problem-Solving and Decision-Making Skills.** Resilience involves solving problems and making wise decisions when you're under pressure. Flexicrew puts it, "Having strong problem-solving skills speaks to our ability to look at problems comprehensively, break them down into pieces, and find practical solutions for them in a timely manner." Strive to gather information, ask good questions, approach problems as opportunities, develop those problem-solving skills, and watch your resilience develop more and more.

- ❑ **Prioritize Self-Care.** Rainey rightly reminds us that resilience begins with taking care of ourselves. How are you at managing your boundaries? Are you feeling you are heading toward burnout, compassion fatigue or even a total shut-down? Your chaplain is there for you. Confidentiality and a listening ear are available to you 24/7. Balancing your responsibilities at work and your personal life are often easier said than done. Your chaplain can help you process this.
- ❑ **Set Realistic Goals and Reassess.** This also helps prevent feeling overwhelmed and burned out. Break larger tasks into smaller, manageable steps and celebrate milestones along the way. If things are starting to weigh you down, reassess and prioritize the most crucial tasks first.

Again, your chaplain is there for you (and your family members too). If you'd like to talk more about your own resilience potential or any of the suggestions, take out your smart phone, go to the app, and contact your chaplain today.

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