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Employee Assistance Program



Southwest Florida Employee Assistance Program
239-278-7435 or 800-226-7930

Resilience—Part IV

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
 - Marital
 - Family
 - Stress
 - Financial
 - Legal
 - Anxiety
 - Depression, Etc...
- Just call
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This is the fourth and final in our series on resiliency. We established that resilience can be defined as the “self-righting” tendency of a person. We also established that the most important factor in resiliency is caring and supportive relationships, as well as the attitude that problems are challenges that can be surmounted. In this article we will look at how to tie these all together for our families.

Within the framework of defining ourselves as capable, reinforced by the strength of our relationships, we must have the attitude that we can deal with whatever changes or challenges come our way. We must believe in ourselves, and base this on our memories of past successes, and the support we have received through other challenging situations. American families have always shown remarkable resiliency, or

flexible adjustments to natural, economic and social challenges. Across the diverse family groups in America, themes of mutual support, caring communication, spirituality and community consciousness describe those who foster the growth of the individuals, families and communities in which they live. Children and adults who

learn the attitudes and competencies of resilience cope with stress, manage relationships and contribute to others lives more consistently than those who do not. The “Greatest generation” earned their stripes through many challenges, and were able to use the lessons for long and prosperous lives.

These times are challenging, but the families who use this time to learn new coping skills will reduce the financial and emotional costs of repeated crises. Insights on resiliency can guide individuals, families and communities toward more healthful and rewarding lifestyles.

Family resiliency is the family's ability to cultivate strengths to positively meet the challenges of life

“QUOTATION” CORNER

The greatest gift you can give another is the purity of your attention.

Richard Moss

Family Fun

With all the hectic demands of family life these days, running from soccer fields to gymnastics to various other activities, when there is an unscheduled moment, families often lapse into solitary endeavors. We don't want our kids to grow up associating fun with “non-family” ac-

tivities, so make sure to plan some family fun into your schedules. It can be as simple as a bike ride in a nearby park, or an evening spent playing board games—choose something you can all enjoy.

Traits that build family strengths

The following are traits of strong families:

Commitment: Working toward shared goals, cultivating an environment of trust and dependability;

Connectedness: Receiving support from and contributing to each other, resulting in a sense of belongingness and accountability;

Cohesion: Maintaining family identity and togetherness, producing strong family bonds and freedom for individual self-expression;

Adaptability: Coping with change, balancing stable roles and traditions with flexibility to change rules and share decisions which stimulates growth and health;

Communication: Engaging in clear, open, affirming speaking and consistent, empathic listening, effective and constructive conflict management and problem solving;

Spirituality: Believing in a higher power and acting on a value system beyond self-interest, having a sense of purpose, belief in divine support in everyday and difficult events;

Time Together: Creating daily routines as well as special traditions and celebrations that affirm members, connect them to family roots, and add creativity and humor to ordinary events.

Community Support: Cultivating a protective environment in which families ac-

tively contribute to the physical and emotional survival, safety and self-esteem of children and adults.

Be creative in developing family activities that foster these traits.



- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*



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E-mail: swfeap@swfeap.com

SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

CHECK THESE OUT!!

WWW = WEB PAGES

WORTH WATCHING



Family Resilience

University of Florida extension service article on building resilience in families

<http://edis.ifas.ufl.edu/pdffiles/HE/HE32600.pdf>

Family Activities

This website provides ideas for fun family activities to build strong family bonds

<http://www.familieswithpurpose.com/>