

Employee Assistance Program

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



Resilience—Part III

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
1-800-226-7930
www.swfeap.com

This is the third 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. In this issue, we will look at other factors that are a factor in resiliency.

Resilient people demonstrate similar attitudes and behaviors including viewing problems/ challenges

as opportunities and the ability to learn from their mistakes. Resilience is not leading a charmed life, but rather the ability to make the most of the life you lead. Your circumstances are not necessarily different, but you suffer less because your attitude is positive, and you look for the silver lining in every cloud. Framing a problem as an opportunity to try something different leads to a very different experience than bemoaning your fate due to your problems. We all ask “why me” when

perils befall us, but resilient individuals soon switch the question to “what can I do”.

In our efforts to move ahead, we may make mistakes, but rather than exclaiming upon our failure, we try something else. Thomas Edison , when questioned about his many

unsuccessful experiments, said “I have not failed. I’ve just found 10,000 ways that won’t work.” This attitude kept him at it until he found the one that did!

Resilience can be defined as the “self-righting” tendency of a person

Resiliency includes looking for possible alternative solutions to the challenges we face. This may include getting ideas, support and encouragement from those caring and supportive relationships we talked about last time. If you are looking for some help designing alternative responses to your current challenges, feel free to call your EAP and come in and talk with one of our counselors. We can help!

“QUOTATION” CORNER

It is far more impressive when others discover your good qualities without your help.

Judith S. Martin

Stay well with your pets

Most pet owners know this— pets make you feel good, both physically and emotionally. It only takes 15-30 minutes with your favorite dog or cat, or even watching fish swim, to have noticeable decreases in blood pressure and feelings of

anxiety and stress! Pet owners have demonstrated a lower risk of dying from cardiac disease in multiple studies—so go take Bowser for a walk, or play with your kitty, for the health of it.

Family Plans and Goals

Mark Hansen is a world-renowned professional speaker and author. Best known for co-creating the *Chicken Soup for the Soul* book series, Hansen has dedicated his life to making a positive difference in people's lives. For parents looking to get their message across to young children, Hansen has some straightforward advice.

"Be involved in your child's life," he says. "Develop age-appropriate activities that exemplify family teachings. Use these activities to teach them as much as possible at an early age."

Hansen and his family begin each year by creating a list of things

they want to accomplish during that year. "What I teach, believe and practice is for each member of the family to begin each year with 101 goals," he says. "These goals are both individual and family-oriented. When we sit down to write them, the question is, 'What are we going to do together this year?' We break our goals down into categories and consider financial, social, spiritual, mental and health-related issues."

In addition to setting goals together, there are a few very important gifts that parents can give to children in order to provide a sense of what is important. "Give your children family pictures," he

says. "Create family memories and leave a pictorial family history. Keep a journal so that your kids can really know you. My children got to know me by knowing what I was thinking at any given time. Maintain a library. The books you keep will give your children an idea of what you read, what was important to you and what you found influential. Kids can see where you have dog-eared a corner or underlined a sentence."

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



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Toll Free: 800-226-7930

E-mail: swfeap@swfeap.com

SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

CHECK THESE OUT!!



WWW = WEB PAGES

WORTH

WATCHING

Resilience

Mayo Clinic article on building resiliency skills

<http://www.mayoclinic.com/health/resilience/MH00078>

Caring for your pets

This website provides links to resources for finding financial help to care for your pets

<http://www.morrisanimalfoundation.org/resources/financial-support/>