

Empowering Ourselves In These Tough Times, Part III

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How did you make out taking the Optimism Quiz and/or the Resiliency quiz? As a reminder: go to www.optimi.org to “test your O.Q. (optimism quotient)”. To test your level of Resiliency you can go to www.resiliencycenter.com

If you scored low on the resiliency test do not despair – we can learn resiliency!

Adaptive Learning (adaptivelearning.com) has studied resilient people for the last thirteen years. In summary they have found four strengths that resilient people share.

Avoid the Negative – Limit your exposure to the news. The bad, the gory, the sensational all sell but it is not good for your emotional health! Listen to enough news to keep yourself informed but don’t search out every bad report you can find. Do what you need to do to get through these times and work hard at it. Surround yourself with positive people who are willing to look at options available in these troubled times.

Maintain your optimism – Times are tough and some days it is tougher than others to remain optimistic but the optimistic person knows that the light is at the end of the tunnel and these times will end. How you handle your situation now will affect your future. Focus on your past history when you went through tough times and reflect on how you got through it. What did you learn? Did it help you make changes in how you respond to stressful situations now?

Reach Out – Reach out to people who can be supportive to you. If you have a change in your circumstances take time to think about contacts you have made over time and reach out to them. Ask for the support of positive creative thinking people. Use these people to help you brainstorm for new avenues to pursue.

Nurturing Connections – Maintain contact with people who are supportive to you. Good friends and supportive family members are very important in tough times. Next week we will review the coping tools to deal with stress.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life’s challenges. It’s free, confidential and open to family members. Check us out on-line www.solutions-eap.com