

Building Resilience May Lead to Better Health

Resilience doesn't remove pain and suffering from your life. But it can boost your ability to handle challenges that come your way — and research shows that resilient people tend to be healthier.

Luckily, there are steps you can take to improve your ability to weather life's storms.

The Power of Persistence

Resilience, the ability to persevere and adapt in times of adversity, can have a big impact on our well-being and happiness. For example, research suggests that resilient people tend to:

- Be physically and mentally healthier.
- Have a lower body mass index.
- Feel optimistic about overcoming difficulties.
- Experience fewer symptoms of depression.
- Maintain better overall functioning as they age.

How to Improve Resilience

Everyone's pathway to resilience looks different. Try some of these strategies to see what works for you:



Start small — Some problems seem huge, but if you break them down into smaller steps, you can move one step at a time toward a solution.



Focus on past positives — Remember that challenge you already conquered?

Next time you encounter a hardship, bring that triumph to mind and remind yourself that you not only overcame that struggle — you came out stronger because of it.



Prioritize self-care — Tend to your emotional well-being by taking time to do something you love every day. Also,

focus on getting enough rest, eating nutritious foods and exercising regularly. Healthy living can help your body handle stress better.



Reach out if you need to — Part of resilience is knowing when and how to seek support from others.

Sources include the American Psychological Association, the National Institutes of Health and the U.S. Department of Health and Human Services.

