INSIGHTS NEWSLETTER

ALLONE HEALTH

The Gift of Resilience: Finding Strength in the Season



The holiday season brings up images of joy, togetherness, and celebrations. But when you look beneath the surface, you'll also see a quieter, more complex reality: Many people are navigating both joy *and* hardships. They're choosing to celebrate, even though it's not always easy.

That's what resilience is all about. It's our ability to adapt, persevere, and find meaning and purpose during life's celebrations *and* challenges. It's about finding our inner strength and nurturing it.

Understanding and Building Resilience

Resilience is both a choice and a skill that you develop. It's a choice because it requires you to stay hopeful and care for yourself, even when life feels heavy and challenging.

It's a skill that you develop by taking small incremental steps to improve your physical and mental health, including your emotional, psychological, and social well-being.

Here are a few practical steps you can take this holiday season to become more resilient:

- **Practice gratitude.** Look for what's good and positive in your life and try to make that your focus.
- **Connect with others.** Healthy social interactions with friends, family, and coworkers can help you feel less lonely or isolated—and nurture your sense of belonging.
- **Take care of your physical health.** Regular sleep, exercise, and healthy nutrition all help to strengthen your physical well-being, which in turn strengthens your mental and emotional health.
- **Acknowledge your feelings.** Whether it's stress, sadness, frustration, grief, or loss, allow yourself to recognize your thoughts and feelings. Talking with someone you trust or writing in a journal can help you process your thoughts, so you're not dwelling on them.
- **Ask for help when you need it.** True strength includes knowing when to reach out for support. You matter to your family, friends, and colleagues, and they can provide emotional support and understanding.

Resilience doesn't always come easily, especially during the holidays. There may be times when it's helpful to seek professional support. Our counseling services are free, confidential, and available to you and your family members 24/7/365. To get started, visit Member Support.