

Psychological Health

The Road to Resilience Tips for Rebounding from Adversity

(NAPSA)—Following the September 11 terrorist attacks, uncertainty appears more and more to be a way of life. Whether death of a loved one, loss of a job, serious illness, terrorist attacks, or other traumatic events, how we respond to these experiences can enable us to more effectively manage these situations and enjoy life despite difficult times.

What enables people to deal with hardship? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps. Resilience is “bouncing back” from difficult experiences.

“Now more than ever people seem open to reexamining their lives and finding new ways to cope,” said Russ Newman, Ph.D., J.D., the American Psychological Association’s (APA) executive director for professional practice. “Resilience as a way of responding to adversity, challenges, and even chronic stress, is something which can be learned.”

To help Americans understand the role of resilience in their lives, the APA and the Discovery Health Channel launched a new public education initiative entitled “The Road to Resilience.” Among the resources developed to better equip individuals to manage troubled times, consumers can obtain a free brochure for tips on building resilience and insight into changes that may accompany this process.

Some useful steps contained in the brochure include:

- Make connections. Good relationships with close family members, friends, civic groups or others in the community are important. Accept help and support from

In the aftermath of 9/11...

77% ... of Americans
say they have tried to simplify
their lives and focus more
on what really matters.

Source: 2002 public opinion poll commissioned by the American Psychological Association and The Infinite Mind public radio series.



those who care about you and will listen to you.

- Avoid seeing a crisis as an insurmountable problem. Try to look beyond the present circumstances to how the future may be better. Note any ways in which you might already feel somewhat better as you deal with difficult situations.

- Move toward your goals. Develop some realistic goals, and do something regularly that enables moving toward your goals. Instead of focusing on tasks that seem beyond reach at the moment, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

- Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

- Take care of yourself. Pay attention to your needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly.

For a free brochure call toll-free 1-800-964-2000 or visit online at www.helping.apa.org.



Note to Editors: A co-produced documentary, entitled *Aftermath: The Road to Resilience*, will air on the Discovery Health Channel on August 29 from 9-10 p.m. ET/PT and again on September 11, 2002 at 8 p.m. The special presents profiles in resilience from people of diverse ages in dealing with the events of September 11th as well as other hardships that define many of our lives.