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How to stay resilient in times of uncertainty

We are living in a complex world with change all around us. Naturally, this can make you feel uncertain or fearful about the present and future.

The good news is that resiliency – the ability to thrive in times of change and uncertainty – is learned, and you can start building your resilience today. Use the tips below to take on a more flexible, resilient mindset.

- **Accept what is out of your control.** Focusing on things you cannot control will leave you feeling frustrated and exhausted. There are certain circumstances or decisions that are not in your power to control. Let go of them. Doing so will help you move on and focus your energy more positively. Remember: though you may not be able to change these realities, you can change how you respond to them.
- **Embrace change.** There will always be change. Instead of concentrating on the disruptive aspects, take a flexible approach and accept that change is a fundamental part of life that can also bring opportunities and positive outcomes.
- **Stay focused on the big picture.** It's easy to get so wrapped up in the details of an event that you blow it out of proportion. Avoid "catastrophizing" and focus in on the real (or most realistic) impact. Looking at it from a broader perspective can help you more accurately assess its significance.
- **Maintain a positive attitude.** Being resilient does not mean you have to have positive feelings about negative situations. It means that despite something going wrong you believe you can and will do your best to deal with the situation and move forward.

Connect with others. Staying in touch with people, even if digitally, whom you can share feelings, discuss problems and receive advice is an essential part of weathering life's storms. Reach out for help when you feel overwhelmed by a situation. **The Fraser Health Crisis Line is available 24/7 at 604-951-8855 or toll free at 1-877-820-7444.**

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