

# The Road To Resilience



## What Is Resilience?

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## Factors in Resilience

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and vtuv."rtqxfg"tqng"oqfgnu."cpf"qhht"gpewtc"ig"ogpv"cpf"tgcuuwtcpeg"jgnr"dnuvgt"c"rgtuqpou"tguknkgpeg0

**3/4**

**3/4** Skills in communication and problem solving

**3/4** The capacity to manage strong feelings and impulses

All of these are factors that people can develop in themselves.

## Strategies For Building Resilience

Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies.

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**Stress**

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**Marital Problems**

**Financial**

Employee Assistance Program and speak with a Care Coordinator:

**Family Problems**

**Legal**

(713) 781-3364

Se Habla Español

**Alcohol/Drug Problems**

(800) 324-4327

(800) 324-2490

**Depression**

[www.4eap.com](http://www.4eap.com)

**Other Referrals**

Your employer has contracted with Interface EAP to provide you an Employee Assistance Program.