



Building Resilience: Boost Your Mental and Emotional Health

May is [National Mental Health Month](#), a reminder of the importance of mental health and wellness. Your physical and emotional health are closely linked to the levels of satisfaction and contentment you experience in life. People who are emotionally healthy are able to manage life's ups and downs and recover from losses and disappointment. While no one can escape problems or hardships, people who are emotionally and mentally resilient maintain their focus and have confidence that they can handle whatever challenges come their way.

The good news is, resilience can be learned and it's never too late to improve your emotional health. Ways to boost resilience include:

- **Connecting with positive, emotionally healthy people.** You'll feel happier and more energetic when you're around people with positive attitudes.
- **Making time for activities you enjoy.** All work and no play makes for an unbalanced life. Plan an activity every day that you find rewarding.
- **Taking good care of your body.** Regular exercise and adequate sleep and nutrition help the mind and body cope with the stressors in life.
- **Staying flexible.** There will be times your schedule is thrown out of whack, the kids get sick, or the car breaks down. Try to keep things in perspective and maintain your sense of humor.

Practicing Flexibility

As with many things in life, the more aware you are of your strengths and practice being open to change (even if it's uncomfortable), the more resilient you can become.

- **Recognize that while you may not have control over certain events that happen, you do have control in how you will respond.** You can make a conscious choice to react to everyday problems and challenges with a positive attitude.
- **Learn ways to manage stress and calm yourself.** Some people find that they are less likely to overreact to a stressful event if they take time out to think things through before responding.
- **Focus on solutions, not problems.** Don't stay stuck blaming yourself or others for mistakes that happened in the past.



If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact

InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.

