

# Wellness Tidbits



## OVERCOMING ADVERSITY

The road to resilience may not always be an easy one, but overcoming adversity can often be a rewarding and empowering experience. According to the American Psychological Association (APA), resilience is the process of adapting to stressful or traumatic events in your life. Learning to overcome hard situations makes us stronger as an individual as well as a community.

**Accepting change** as a part of life allows us to move forward towards our goals.

**Creating small actionable plans** on what we have learned from previous situations helps drive our forward progress.

**Maintain a hopeful outlook** in the face of adversity by keeping your situation into perspective of a broader context and fostering a positive view of yourself.

**Take care of yourself** by taking stock of your emotional and physical needs.

While things may not always be in your control, you can control how you respond to the stressors in your life. Developing a mindset ready to overcome whatever is thrown your way will ready the road to progress from any situation.

Resources: <http://apa.org/helpcenter/road-resilience.aspx>

### Join the Monthly TSHBP Fitbit® Challenge!

#### How to Play

- 1) Read this article: <https://bit.ly/2ROgOLP>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

#### Question

*True or False:* Accumulating research has been found to suggest building resilience can help support healthy immune system function.

**ANSWER FITBIT®  
CHALLENGE HERE!**



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