

# A WORD ABOUT RESILIENCE

## WHAT IS RESILIENCE?

Resilience is the ability to adapt to life difficulties—including loss of a loved one. Building resilience through strategies that support the brain, body, and emotions during difficult times can help reduce the damaging effects of grief.

## THE GOAL

The goal of Resilience Rx™ handouts is to offer easy evidence-based self-help techniques that trigger positive hormones—dopamine, serotonin, and oxytocin—to offset stress, and support you as you learn to move forward with your loved one in your heart instead of your arms.

## HOW DO YOU STRENGTHEN RESILIENCE?

The first step is to take good care of yourself. We can't always predict loss and other stressors, but practicing self-help techniques that tend to our physical, mental, emotional, and spiritual needs can help anchor and strengthen our ability to weather times of upheaval.

There are multiple ways to trigger positive hormones. Use the Resilience Rx™ evidence-based modalities in this workbook as a resource for adding tools to your self-care toolbox. Doing so will help lift your spirit and soothe your heart when mourning the loss of someone you love.