

H1N1 Fact Sheet

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Strategies for Building Resilience

Resilience is a word used to describe how you cope and maintain balance in your life as you deal with stressful circumstances and traumatic events. Resilience can be learned and improved upon. Below are strategies for building your resilience. These strategies can be used by people to strengthen resilience before, during or following a pandemic or other stressful or traumatic life event. **Many of these suggestions are things we all know, but we need to be reminded of how important they can be during a difficult time and how they can really make a difference in how you are able to cope.**

	Strategies
Physical	<ul style="list-style-type: none">• Relax, take part in activities that you enjoy• Exercise• Keep regular, restful sleep patterns• Eat healthy foods• Limit your intake of caffeine, alcohol, and sugar• Drink plenty of water to keep yourself well-hydrated• Monitor your health• Seek medical attention if needed
Emotional	<ul style="list-style-type: none">• Identify feelings and needs and express them• Nurture a positive view of yourself• Be appropriately assertive to get needs met• Find and express humour• Maintain a hopeful outlook• Accept and adapt to change
Thinking	<ul style="list-style-type: none">• Avoid viewing problems as impossible• Think positively, keep things in perspective and avoid blowing an event out of proportion• Accept circumstances that cannot be changed• Take clear actions rather than detaching from problems• Set goals and take steps to achieve them• Problem-solve• Stay flexible• Learn from your past experiences
Behavioural	<ul style="list-style-type: none">• Engage in enjoyable activities• Avoid risky behaviours• Prioritize demands• Limit your exposure to media coverage of stressful or traumatic events• Take personal time to rest and re-energize

Social	<ul style="list-style-type: none">• Spend time with others• Talk with friends and family• Accept help and support when needed• Help others in their time of need• Remember that social support is important, for you and for others
Spiritual	<ul style="list-style-type: none">• Practice your faith• Pray or meditate• Discuss your beliefs with others with similar beliefs• Look for opportunities to learn and grow• Find spiritual support

Modified and Adapted from Shultz JM, Espinel Z, Cohen RE, Smith RG, Flynn BW **All-Hazards Disaster Behavioral Health Training** (2005) Miami FL: Center for Disaster & Extreme Event Preparedness.

Seek professional support when needed. For help with mental health problems, call the mental health program at your local district health authority and/or your health centre if you live in a First Nation community.