

ARKANSAS RELATIONSHIP COUNSELING CENTER (ARCC)

BUILDING RESILIENCY: Strength Through Life ' s Challenges

What Is Resiliency?

Resiliency is the ability to adapt, recover, and grow stronger when facing stress, adversity, or trauma. It helps individuals manage challenges, cope with change, and maintain emotional wellness.

Why Resiliency Matters

- Improves ability to cope with stress
- Strengthens emotional and mental health
- Promotes positive problem - solving skills
- Builds confidence and self - esteem
- Supports recovery from difficult experiences

Ways to Build Resiliency

- Develop strong support systems
- Practice positive thinking
- Set realistic goals
- Maintain healthy routines
- Learn stress management skills
- Practice self - care
- Build problem - solving skills
- Seek professional support when needed

Resiliency Skills for Daily Life

- Practice deep breathing or relaxation
- Stay physically active
- Keep a journal
- Focus on strengths
- Stay connected with others

- Take breaks when overwhelmed

When to Seek Help

If stress or emotional challenges interfere with daily functioning, relationships, or overall well-being, professional support can help build resiliency and coping skills.

Crisis Resources

- 988 Suicide & Crisis Lifeline — Call or Text 988
- Emergency — Call 911
- Poison Control — 1 - 800 - 222 - 1222

You Are Stronger Than You Think. Support Is Available.