



Division of Developmental Disabilities Services Trauma-Informed Newsletter

Emotional Resilience

By: Cyndi Bennett

[Emotional Resilience | CPTSDfoundation.org](http://CPTSDfoundation.org)

Understanding Emotional Resilience

At its core, emotional resilience is the capacity to adapt to stressors, setbacks, and adversities in a way that promotes growth and well-being. It involves bouncing back from challenges and learning and evolving through the process. Understanding and embracing emotional resilience is similar to equipping yourself with a set of tools that can transform the way challenges are perceived and navigated.

Key Components of Emotional Resilience

Self-Awareness: Understanding and recognizing your emotions, strengths, and limitations.

Adaptability: Being flexible and able to adjust to changing circumstances, whether in your personal or professional life.

Positive Mindset: Cultivating a constructive outlook, focusing on solutions, and maintaining optimism despite challenges.

Effective Coping Strategies: Developing healthy coping mechanisms to manage stress and adversity, such as problem-solving, seeking support, or practicing mindfulness.

Social Support: Building and maintaining strong relationships with others, both personally and professionally, to provide a support system during difficult times.

Self-Regulation: Controlling your emotional responses and maintaining composure in challenging situations.

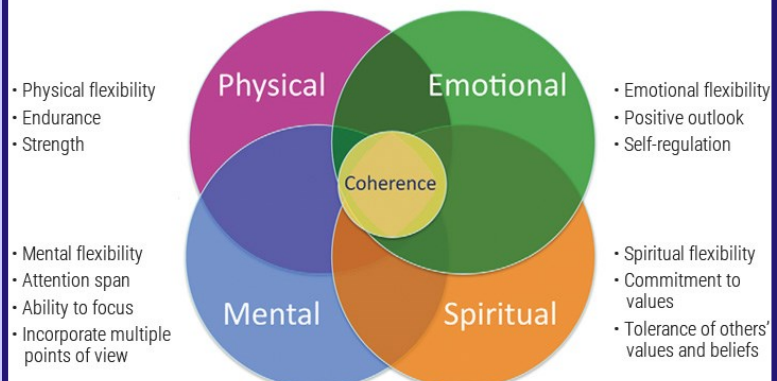
Resilient Thinking: Viewing setbacks as temporary and learning opportunities rather than insurmountable obstacles.

Empathy: Understanding and connecting with the emotions of others can enhance your relationships and contribute to a supportive environment.

Are you Emotionally Resilient?



Domains of Resilience



What is Self-Care?

Self-care is the practice of individuals looking after their own physical, mental, and emotional health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

Self-care can be important even when you're not sick, but it becomes essential when you are. Regular self-care can help prevent illness, improve your mental health, and improve your quality of life.

Self-care involves:

Making healthy lifestyle choices by being physically active and eating healthily.

Avoiding unhealthy lifestyle habits by avoiding smoking and excessive alcohol consumption.

Making responsible use of prescription and non-prescription medicines.

Self-recognition of symptoms by acknowledging, assessing, and addressing symptoms, in partnership with a healthcare professional where necessary.

Self-monitoring by checking for signs of deterioration or improvement.



Future Happenings:

- **We are looking for people to join the DDDS Trauma Informed Care Committee**

What People Think Self-Care Is

- Participating in activities that provide instant gratification
- Going on expensive and lavish vacations
- Perfecting oneself by any means necessary
- Binge-watching television

What Self-Care Actually Is

- Prioritizing one's physical and mental health
- Adopting healthy lifestyle habits that can be maintained long-term
- Finding exercise activities that you enjoy and participating in them regularly
- Taking time out for yourself to participate in healthy activities you enjoy

Resources and Links:

[What Trauma Taught Me About Resilience \(Charles Hunt\)](#)

[Loving Kindness Meditation with Kami Giglio](#)

[From Stress to Resilience \(Raphael Rose\)](#)

[Chair Yoga and Alternate Nostril Breathing with Kami Giglio](#)

If you feel you are in crisis, please ask for help.

Employee Assistance: 877-527-4742

Suicide and Crisis Lifeline: 988

Mobile Crisis Northern Delaware: 800-652-2929

Mobile Crisis Southern Delaware: 800-345-6785