

Health Matters

A Marathon Health Wellness Resource | 2025



Stress and adversity are a part of life for all of us.

Whatever challenges you may face in life, you can feel stronger by learning behaviors, thoughts and actions that help build your resilience. It takes time, intention, and finding the right support.

Building resilience

What is resilience?

No matter what life throws at you, it's important to continue to thrive, flourish and grow even stronger, as you overcome the obstacles you face.

Resilience is:

- “Bouncing back” from difficult experiences
- Adapting and flexing to obstacles life presents
- Potential for profound personal growth
- The power to overcome setbacks to live the life we've always imagined

Resilience is not:

- Learning to grin and bear it
- Avoiding stress or trauma
- Resisting change

Many factors can influence how easy or difficult it is to adapt to changing circumstances at a particular time in someone's life.

These factors include:

- the ways individuals view and engage with the world
- the availability and quality of social resources
- specific coping strategies

Resilience is the “process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress – such as family and relationship problems or workspace and financial stressors.” ~ American Psychological Association

Practice self-care

In stressful times, self-care can seem selfish, yet it helps to preserve your ability to rise through difficult times. Here are helpful ways to start.

Prioritize

List work and personal priorities, then decide what can be delegated or postponed.

Stick to a routine

Routines help to provide a sense of focus, eliminate distractions, and provide consistency.

Cut yourself some slack

It's important to be kind to others as well as to yourself. You may not always be functioning at 100% and that's okay!

Watch for signs of trouble

Physical symptoms

These include muscle tension, a clenched jaw, increased heart rate or chest pressure.

Social-emotional symptoms

These include irritability, a lack of empathy or an inability to connect with others.

Check in with colleagues

Reaching out to others, letting them know you also struggle, will help to normalize talking about situations we face. Everyone needs a little help sometimes!

To schedule an appointment or learn more, visit my.marathon.health



Strategies to build resilience

Build your connections

Prioritize relationships

Connect with people who remind you that you're not alone and validate your feelings. Enrich and nurture close friendships to improve social support.

Accept help

Be willing to take help and support from those who care about you.

Get Involved

Take part in civic groups, faith-based communities, or other local organizations that offer support and a sense of purpose or joy.

Foster wellness

Take care of your body

Promoting positive lifestyle factors like good nutrition, ample sleep, regular exercise, and stress management can strengthen your body to adapt and reduce the toll of difficult emotions.

Practice mindfulness and gratitude

When you journal, meditate, or pray, identify positive aspects of your life and recall the things you are grateful for.

Avoid negative coping outlets

Don't rely on alcohol, drugs or other unhealthy behaviors to mask or eliminate your feelings of stress in the short term. Instead, focus on giving your body resources to manage that stress in the long term.

Find purpose

Help others: Cultivate a sense of purpose, foster self-worth, and connect with other people as you tangibly help others.

Be proactive: Ask yourself, "What can I do about a problem in my life?" Try breaking down problems into manageable pieces.

Move toward your goals: Ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" Focus on what you can, rather than cannot, change.

Look for opportunities for growth: Use difficult events to make yourself stronger and increase your sense of self-worth.

Embrace healthy thoughts

Keep things in perspective: Try to identify areas of irrational thinking and reframe thoughts to adopt a more balanced and realistic thinking pattern.

Accept change: Keep your long-term view and focus on circumstances that you can alter.

Maintain hope: Expect that realistic good things will happen to you. Try visualizing what you want, rather than worrying about what you fear.

Learn from your past: Remember who or what was helpful in previous times of distress, and apply these to new, difficult situations.

Sources:

Building Your Resilience | American Psychological Association, accessed 2/13/2025

Resilience in Positive Psychology: How to Bounce Back | Positive Psychology.com, accessed 2/13/2025

Developing Resilience | Mindtools, accessed 2/13/2025

Five Science-Backed Strategies to Build Resilience | Greater Good, accessed 2/13/2025

Self-care has never been more important | American Psychological Association, accessed 2/13/2025

Want to learn more?

Contact your provider to discuss your individual exercise and eating habits today!

