

HOW TO BOUNCE BACK FROM ANYTHING

Being able to rebound from adversity — whether it's a minor mishap or life giving you a serious smack in the face — is key to your health and well-being. Here's what research tells us about how to build up resilience

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SO WHAT IS RESILIENCE, ANYWAY?

Simply put, it's the ability to scrape yourself off the floor relatively quickly after a giant trauma, medium-size setback or everyday disappointment. Why is it that one woman can start a foundation to fund canine cancer research weeks after burying her beloved pup while another spends years stuck on the fact that she was passed over for a promotion?

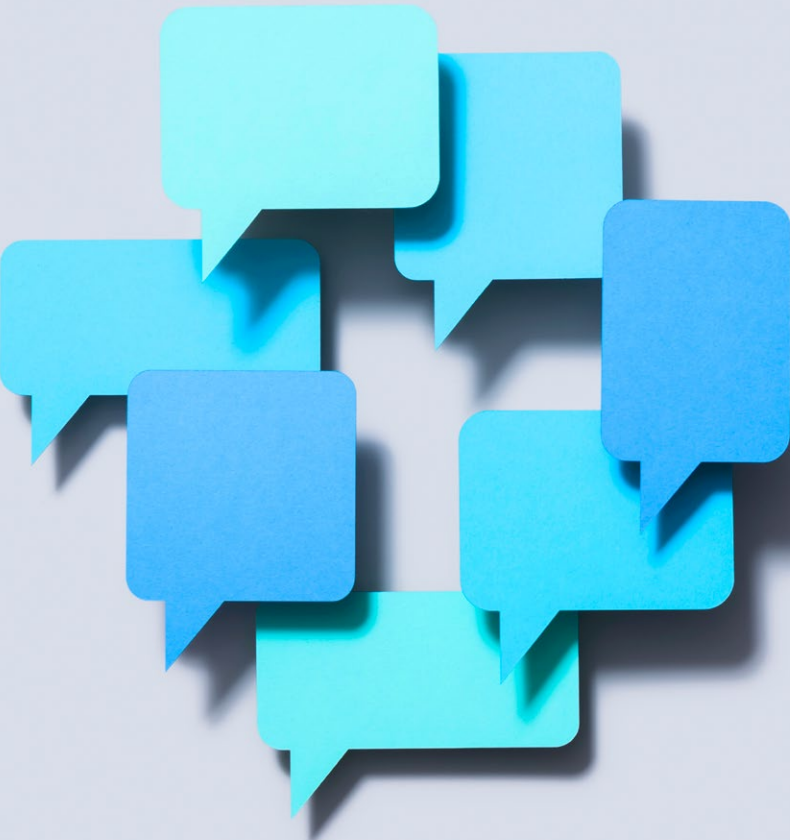
If you look at the people in your personal life or workplace, it may seem as if some simply *are* more resilient. But resilience is not a genetic trait, and it is also not something we are necessarily taught by our parents, though the adult support we have during rough childhood events appears to influence how we recover from negative experiences later.

Rather, resilience is a set of coping mechanisms we

develop over time, and research in the field of positive psychology has found that this quality is determined in part by how we take care of ourselves, the people we surround ourselves with and what we do to find meaning and purpose in our lives.

In fact, we have a lot of control over how resilient we are — roughly 40% of our overall happiness is thought to derive not from our circumstances or genes, but from our own actions, and resilience is part of that.

Of course, it's one thing to bounce back when your dishwasher is broken and another to find happiness after your heart has been shattered. But the techniques involved are the same. Turn the page to learn how to be your strongest self and set yourself up for success, no matter what you're dealing with. →



Talk yourself resilient

Reframing negative self-talk (catastrophizing, self-blame, blaming others and defeatist thinking) is one technique that can help you set yourself on a positive path.

"I'm late! I know my new boss will think I'm unreliable."

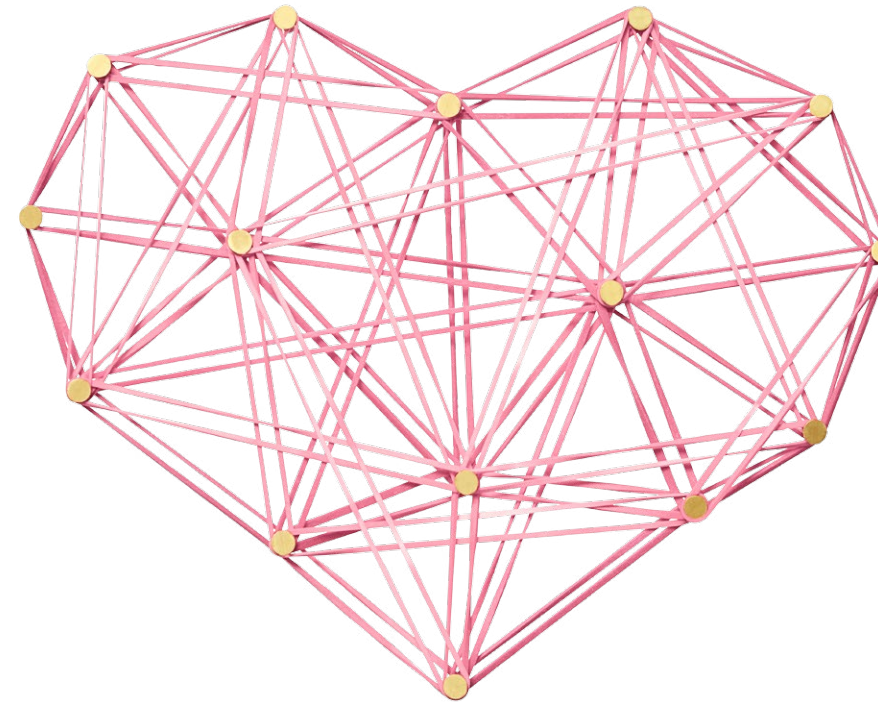
NEW THINK "I could not have foreseen my car not starting. Offering to dial in for the meeting will show her I'm not a flake."

"My basement is flooded. I don't know why I bother saving money."

NEW THINK "I saved money so I wouldn't go into debt in an emergency. That was very smart of me!"

"I brought this breakup on myself – I always pick loser jerks."

NEW THINK "Blaming myself or my ex won't make me feel better. What were some red flags that I'll be on alert for next time?"



EDIT YOUR FRIENDS LIST

Research shows that social support is the single greatest predictor of happiness, health and longevity, which are related to resilience. The right people around you can act as a buffer for stress, countering hormones like cortisol that can hamper your ability to cope. Here's who to have in your life:

AVOID THOSE WHO...

REGULARLY LEAVE YOU FEELING FATIGUED AFTER YOU TALK TO THEM

ARE RELUCTANT TO TRY NEW THINGS

HAVE A SMART, CRITICAL EYE, BUT ALSO COMPLAIN AND PICK THINGS APART

SEE YOU AS FROZEN IN TIME

INSTEAD, FIND FOLKS WHO...

Give as much as you do, or allow you to chill: You'll have more energy to face your own challenges when support goes both ways.

Inspire you: Doing novel activities forges new brain connections, which come in handy when you have a setback and need to adapt fast.

Are not cynical or negative: Cynicism places limits on you and others, and when building resilience, it's more useful to focus on the possibility of growth.

Help you visualize the way forward: Seek out friends who give you the confidence to break old patterns.

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YOUR RESILIENCE ROAD MAP

Because it's hard to think clearly in a crisis, it's smart to have your strategy ready to roll in advance. Steps like these—written for someone who has just lost her job—can work for any setback.

1 IMMEDIATELY AFTER you're laid off, jot down what you're feeling—blindsided, angry, scared, relieved, whatever. Researchers have found that writing about a traumatic event, rather than replaying it in your mind, can help you make sense of it. Then take a few days to simply feel all these things, keeping up your routine: Work out, meet a friend for lunch, go to bed at your regular time. Resilient people give themselves space to process emotions but don't wallow, so they stay busy and connected.

2 ASK YOURSELF, *Do I see a path forward?* If you don't quite yet, repeat step 1. Otherwise, write out steps on that path, whether big or tiny: One might be "Update LinkedIn" and another "Apply to grad school." Your list does not have to be perfect—you're simply opening your mind to possibilities instead of dwelling on distress.

3 MAKE A MOVE. Even if you still feel bad, do at least one list item each day and build up to more. Some may seem silly, and you might have to step back to move forward (e.g., you can't apply to grad school without your transcripts), but that's OK: Resilient people are flexible with goals.

4 WRITE DOWN three to five things you're grateful for each week. Research indicates that building gratitude may bolster resilience by reducing feelings of hopelessness and powerlessness.

5 ASK FOR HELP. Being resilient does not mean handling everything yourself. Talk to a good friend or a therapist who can help you reshape your perspective.

HABITS THAT MAKE YOU BEND, NOT BREAK

Having a handle on the physiological effects of stress prepares your body and mind to respond with resilience.



GET YOUR ZZZ TIME

During deep sleep, your brain sorts and files your thoughts and experiences from the day just past, giving you a fresh perspective that enables you to problem-solve. Sleep also bolsters immunity, and it's easier to pull yourself together emotionally when you're not run-down or sick in bed. Aim for seven to eight hours of sleep a night.



MOVE YOUR BODY

Getting your 30 minutes triggers feel-good endorphins as well as GABA, a neurotransmitter that quiets negative thinking. Together, these can help you through a tough time. Research has also shown that regular exercise is a mood elevator and can assist significantly in the treatment of depression, helping you maintain a positive outlook.



BREATHE DEEPLY

Meditation can be as simple as focusing on a single thing, like your breath or a calming word. Research suggests that practicing it regularly may shrink the amygdala, reducing stress and anxiety, and even change electrical activity in the brain, making you more alert and calm. That's just the kind of clearheadedness you need in a crisis.



EAT ENOUGH

Your body, like any other engine, needs fuel. When food is scarce, your system routes what energy it has to essentials, which can leave parts of your brain, well, hungry: It needs at least 20% of the calories you take in to solve problems effectively. So get your three squares or five mini meals—whatever keeps you on an even keel.



Cut prescription drug costs. Goodrx.com compares the prices of medicines at drugstores and big-box retailers near you and then emails you coupons for up to 80% off.



Pay cash. Medical providers may charge a lower price for a service than they could eventually collect from an insurance company if a patient pays in cash.

“How I got back on track”

These four women have been through a lot. This is what helped them find their joy again



After my husband died five years ago at 43, I began practicing radical acceptance – accepting situations as they are without judgment. Even though losing Robert was terrible, wasn't fair and wasn't my fault, it happened – there was no way around it. Forcing myself to simply understand that in my mind, body and heart allows me to focus on building a happier life for my kids and me.”
–BARBARA KEMPE, 46



A few years ago, I developed alopecia and lost all my hair, which was devastating – I didn't realize how much of my confidence came from my hair until it was gone. So I started talking to a therapist. Sometimes I'd just cry on the couch! Simply slotting in time to process helped me get through those days.”
–DEVIN TOMB, 30



I feel so much better when I can help other families in our situation feel less alone. My 2-year-old son was diagnosed with a complex congenital heart defect – he's had to have multiple surgeries and has faced endless complications. It is beyond difficult, but when I began sharing his story on various platforms, I began to feel a purpose and courage I hadn't known I had.”
–COURTNEY PARKER, 30



I was in a psychologically abusive marriage, in which my husband would undermine my confidence as a mom. After I left him, I continued to second-guess myself. What helped me more than anything was amazing friends whom I could call for reality checks – they validated my instincts until I knew in my heart that I was doing a great job with my kids.” –ALEX G., 52

IMPORTANT SAFETY INFORMATION (Continued)

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat chronic migraine.

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Do not receive BOTOX® if you: are allergic to any of its ingredients (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); have a skin infection at the planned injection site.

The dose of BOTOX® is not the same as, or comparable to, another botulinum toxin product.

Serious and/or immediate allergic reactions have been reported, including itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX® should be discontinued.

Tell your doctor about all your muscle or nerve conditions such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX®.

Tell your doctor about all your medical conditions, including if you: have or have had bleeding problems; have plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX® passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX® with certain medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you received BOTOX® in the past.**

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as *Myobloc*®, *Dysport*®, or *Xeomin*® in the past (tell your doctor exactly which product you received); have recently received an antibiotic injection; take muscle relaxants; take allergy or cold medicines; take sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® include: dry mouth, discomfort or pain at injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of eyelids, dry eyes; and drooping eyebrows.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please refer to the Summary of Information about BOTOX® on the following page.