

HARNESS THE POWER OF RESILIENCE AND UNLEASH YOUR INNER SUPERHERO



Resilience is like a superpower. It's the ability to put on your metaphorical cape, stand tall in the face of adversity and triumph over life's challenges. Resilient people can withstand the blows that the world throws their way and emerge even stronger for having gone through them.

SIX STEPS TO BUILD INNER STRENGTH AND OVERCOME SETBACKS

While some people seem to be born with the ability to overcome setbacks, the truth is that resilience is like a muscle—the more you use it, the stronger it becomes. With time and practice, anyone can develop the inner strength needed to overcome setbacks and emerge stronger than ever.

Take these steps to become more resilient and better equipped to face challenges.

- 1 Cultivate a positive mindset:** Try to focus on the things you are grateful for, even in difficult times.
- 2 Practice self-care:** Take care of yourself physically, mentally and emotionally.
- 3 Build a support system:** Surround yourself with people who lift you up and support you.
- 4 Develop problem-solving skills:** Develop your problem-solving skills by breaking down problems into smaller, more manageable steps.
- 5 Stay flexible:** Practice being flexible and open to new experiences.
- 6 Learn from setbacks:** Take time to reflect on your experiences and use them as a stepping stone toward future success.

Just like a superhero, resilient people possess unique strengths that help them emerge victorious in the face of adversity. Here are the major strengths of resilient people:

- Positive outlook on life and the ability to see the silver lining in difficult situations
- Adaptable and able to adjust to changes in their environment or circumstances
- Ability to regulate emotions, manage stress and maintain composure in difficult situations
- Good problem-solving skills and able to find solutions to challenges
- Strong network of social support, which can provide emotional stability during difficult times
- High level of motivation, determination and drive to succeed



Change your response to stress using our free resilience program



RALLY YOUR RESILIENCE SQUAD: THE POWER OF SUPPORT IN THE FACE OF ADVERSITY

Resilience may feel like an individual journey, but even the strongest among us need help sometimes. When you hit a roadblock that shakes your resolve, seeking guidance and support can help you transform life's hurdles into stepping stones. So, if you find yourself in a tough spot, don't be afraid to call in reinforcements—after all, even superheroes have sidekicks.

Blue Cross Blue Shield of North Dakota offers a [free resilience program](#), through our partner, Learn to Live. It provides you with strategies to pinpoint your specific stressors and recognize unhelpful thinking, so you can take actionable steps towards changing your response to stress and unlocking a host of benefits. Visit the website or download the app (use the code **BLUEND**) to get started. If you're already a member, log into your account to continue or start a new program.

This program is included in your health plan and offered to all employees and family members (ages 13+) **at no cost!**

Sources: Mayo Clinic, WebMD, Harvard Business Review



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and community.



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