



# RESILIENCE – WHAT IS IT? AND HOW TO BUILD IT FOR A HEALTHIER YOU

The Covid-19 pandemic has been difficult, particularly on dental assistants who bravely face the risk to their health and their families' health while providing an essential service to Canadians. Studies are emerging that show the pandemic has disproportionately affected women in an extraordinarily significant way, negatively impacting their experiences at home, their health, their work, and their economic well-being.

**Resilience** is the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. Are **YOU** resilient?

## How to become more resilient and healthier

### BELONGING

Resilient individuals believe what they do has an impact and that they contribute to something bigger. To create a sense of belonging connect with at least one other person who helps you feel acknowledged, seen and loved. Seek out people who share the same values and interests as you.

### PERSPECTIVE

Resilient individuals align their outlook (mind) with their emotions (heart) when facing challenges. To gain a balanced view of a situation, listen to your head and your “gut”. Strive to close the gap between the two and align your intellect with your emotions.

### ACCEPTANCE

Resilient individuals view a challenge or hardship as an opportunity for future growth. Instead of asking “why” something happened, instead ask yourself: *How* it occurred? Followed by *what* can I do differently to solve it?

### HOPE

Resilient individuals experience hope as an elevating feeling that acknowledges there will be pitfalls and obstacles along their path to a better future. Strive to confront your circumstances, courageously believing in your capabilities and lean toward a positive outcome.

### HUMOUR

Resilient individuals have the strength to see the humor in their circumstances. Strive to not take yourself so seriously. Laugh – it releases natural endorphins and instantly makes you feel better. Take a deep breath.

For more resources on building resiliency for yourself, family members, children, and in the workplace during uncertain times please visit: <https://robynehd.ca/open-resources/>

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