

LACDMH Mental Wellness Series

Resilience

What Does Resilience Mean?

Resilience is the ability to cope with stressful events and the ability to adjust to them.

Tips to Become More Resilient

Tip # 1: Be More Positive

Emotions:

- Positive emotions minimize the effects of stressful events.
- This helps you see opportunities for solving problems.

Self-view:

- The way you see yourself has an effect on mental health.

Attitude:

- Developing an optimistic attitude often leads to more promising outcomes. Seeing the “silver lining” helps.

Tip # 2: Remember Past Successes

- It helps to come up with strategies you can use now that have worked before.
- This helps you to feel confident to be able to handle challenges or stressful events.

Tip # 3: Think of it Differently

- When faced with a stressor that makes you feel sad, think of a way to see the situation in a positive light to feel better about it.

Tip # 4: Manage Strong Feelings

- It's okay to have strong feelings in response to a negative event, but avoid blowing the event out of proportion.

Tip # 5: Hobbies and Interests

- Social support networks, hobbies and interests are good for you.
- The type of activity is not important; it is the fact that you are enjoying it.



Tip # 6: Social Support and Connection

- Reaching out to others for support is good:
- Helps you feel connected to others by increasing happiness, and positive emotions.
- Provides a sense of security.
- Connects you to resources.



Tip # 7: Physical Exercise is Important

- Physical exercise leads to changes in the brain that improve mood and decrease anxiety.



Tip # 8: Develop Realistic Goals and Take Decisive Action

- Do something regularly, even if it seems like only a small step.
- If you are facing a large task, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”
- Take decisive action rather than detaching completely from the situation.

Helpful Contacts

Los Angeles County Department of Mental Health (LACDMH)

Help Line – (800) 854-7771 (Press “2” for Emotional Support Line), 9 a.m. to 9 p.m., 7 days a week, available in multiple languages.

Additional resources available at: <http://dmh.lacounty.gov/resources>

LACDMH GENESIS – (213) 351-7284. GENESIS provides field-capable mental health services to adults age 60 and over.

Los Angeles County Information Line – 211 Available 24/7 in multiple languages.

Adult Protective Services (APS) Elder Abuse Hotline: 1-877-477-3646

L.A. Warmline – (855) 952-9276

10 p.m. to 6 a.m., 7 days a week, available in English and Spanish

For scheduling, please contact:

Lisa Nunn

lnunn@dmh.lacounty.gov

(213) 351-7238

Reyna Leyva

rleyva@dmh.lacounty.gov

(213) 637-0799

