



SUICIDE AWARENESS & PREVENTION

How to *Build* Resilience

Resilience is a protective factor against suicide risk. It refers to the ability to adapt and recover from adversity, stress, or trauma. While some people may be naturally resilient, resilience is also a skill that can be learned and strengthened over time. Individuals who build resilience are less likely to experience suicidal thoughts and more likely to navigate life's challenges in healthy, constructive ways.

Ways to Build Resilience to Support Your Overall Well-Being:

- **Stay Positive:** Focus on what's going well. Practice gratitude. Believe in your ability to overcome obstacles.
- **Lean on Support:** Connect with family, friends, or coworkers who offer encouragement and guidance.
- **Care for Your Body:** Prioritize sleep, eat well, exercise, and manage stress through relaxation techniques.
- **Practice Self-Care:** Make time for things that bring you joy and help you recharge.
- **Tackle Problems Step by Step:** Break big challenges into small tasks. Taking action builds confidence.
- **Set Realistic Goals:** Create achievable goals and celebrate small wins to stay motivated.
- **Stay Flexible:** Accept that setbacks happen. Adapt and adjust as needed, without giving up.
- **Use Healthy Coping Tools:** Avoid unhealthy habits. Try journaling, creative outlets, or talking with someone.
- **Keep Perspective:** Step back and look at the bigger picture. Remember, difficult times are temporary.
- **Be Kind to Yourself:** Treat yourself with the same patience and compassion you'd give to someone else.
- **Learn from Experience:** Reflect on how you overcame past challenges, and use lessons to move forward.
- **Limit Negative Input:** Take breaks from stressful news or draining conversations.
- **Communicate Clearly:** Speak up, set boundaries, and ask for help when needed.
- **Find Meaning:** Stay connected to what matters—family, service, faith, or your USPS mission.
- **Focus on What You Can Control:** Let go of what you can't change and act on what you can.
- **Write it Out:** Journaling helps process emotions and track growth.
- **Stay Connected:** Engage in your community or USPS employee groups to feel supported.
- **Use Humor:** A little laughter goes a long way. Find joy where you can.
- **Reach Out:** EAP counselors can help you talk through feelings and offer tools to rebuild hope and clarity.