

*"You have heard the expression, 'Into Every Life a Little Rain Must Fall',
So, make sure you have your umbrella of resilience in your hand and in your mind!"*



Into each life a little stress will fall. (And in 2020 it can be a virtual monsoon.) We cannot always control when or how we will experience stress, but we can control how we react to it. Adjusting successfully to difficult circumstances is one of the most important aspects of resilience. One way to do this is by trying to look beyond the current situation. The weather is not permanent; they are ebbs, flows, clear blue skies, and everything in between.

So, when we are feeling the pressure of stress, it is important to remember that this moment is also not permanent. In fact, we can choose not to catastrophize. The sky isn't falling; it's just raining. Our resilience can act as a shield us until the rain lets up. And by building our resilience, we can make that umbrella larger and stronger.

Think of time when you discovered an inner source of strength and used it to get through a difficult time. What did you learn about yourself? How have you been able to draw on this source at other times?

Interested in learning more on how to cultivate Resilience during a difficult time? [Check out the FOMO Sapiens podcast](#). In it, **Yael Melamed**, a psychotherapist, and executive coach, explains how she cultivates spirituality, humor, and resilience; stating that tragedy and hardship can be powerful opportunities for personal growth.

Rutgers EAP can assist during difficult times. Counselors are available to work with you on developing resilience and managing stress or other issues that affect your personal or professional life.

Rutgers EAP services: 856-770-5750 / For after-hours or crisis calls: (800) 327-3678.