

# 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:**

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