

# Resiliency

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## What is Resilience and Why is it Important

- Resiliency is the ability to **adapt** and **overcome** challenges
- Ability to “**bounce back**” from trauma, tragedy, personal, life challenges
- A factor in our becoming stronger, **wiser, and more personally powerful.**
- Resiliency is a protective factor for reduced risk of abuse and neglect and for better outcomes for children and families

## What Can We Do to Build Resiliency?

- **Build your connections**
  - Prioritize relationships
  - Join a group
- **Foster wellness**
  - Take care of your body
  - Practice mindfulness
  - Avoid negative outlets
- **Find purpose**
  - Help others
  - Be proactive
  - Move toward your goals & Look for opportunities for self-discovery
- **Embrace healthy thoughts**
  - Keep things in perspective
  - Accept change
  - Maintain a hopeful outlook
  - Learn from your past
- **Seek help**

## Resources:

Websites: <https://www.apa.org/topics/resilience>  
<https://child.tcu.edu/building-resilience-in-the-aftermath-of-natural-disasters/#sthash.Fu48AbKR.dpbs>  
<https://developingchild.harvard.edu/>

- **Texana Center 24 Hour crisis Hotline ( 1-800-633-5686)**
- COVID Mental health support line from Harris Center **833-986-1919**
- Visit [www.mhahouston.org](http://www.mhahouston.org) for all mental health resources in our area
- National Suicide Prevention Hotline: **1-800-273- TALK (8255)**
- For additional information about mental health services, call **281-238-3079**

