



## News Release

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### Building Resilience

**Tampa, Fla. (June 10, 2008).** Do you sometimes feel that you are being overwhelmed by change? Does it sometimes seem as if nothing remains the same? Even if you have been in the same job for years, technological advances, more and more information etc. come at us to the point that we barely think we will be able to keep up. While we might desire to put the brakes on these changes, most of us have been around long enough now to know that just isn't possible. As a result, we find that our sleep, appetite, concentration, energy level and/or mood is affected – often in a negative rather than a positive way. Resilience is the process by which we can adapt in the face of these changes: large or small, chronic or acute, positive or negative. Resilience, in and of itself, is not a heroic venture! In fact, it is quite ordinary. All we have to do is look at any event, and we will see a wide range of personal responses. Even if the event is something we would consider tragic, many individuals are able to “rise to the occasion” and cope in an effective manner – even reaching out to help others. Just think about past hurricanes. Isn't it true that individuals who perhaps lost everything, reached out to help neighbors and even strangers to find something to eat or something to wear or some way to keep warm?

So what helps one to become resilient? First, it is important to maintain an optimistic and positive attitude both toward yourself, others, and the world in which you live. Second, it is

important to be able to come up with specific solutions to problems. Third, it is important to be able to manage what could be overwhelming feelings that could contribute to impulsive behaviors. And finally, it is important to be able to communicate clearly and effectively.

Here are some specific strategies for building resilience:

- Develop a realistic view of change: do not make “mountains out of mole hills”
- “Chunk” a problem into small pieces that you address one section at a time
- See change as a challenge to stretch yourself and grow in ways you may never have envisioned
- Have an optimistic/hopeful outlook
- Take care of yourself

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are concerned about how you deal with change and would like to further develop resilience and are not sure where to turn or what you should do, help is just a phone call away.

#### **About Wood & Associates**

Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since

**1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.**

**Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.**

**Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.**