



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Manitoba et Winnipeg  
*La santé mentale pour tous*



years of  
community  
ans dans la  
communauté

## Tips for Emotional Resilience

- **Focus on what you can control, not what's out of your control**

Brainstorm solutions rather than dwell on the problem and be willing to accept the fact that some things are out of your control and you cannot change them.

- **Use events as learning experiences**

The Chinese symbol for crisis is made up of the two symbols for danger plus opportunity. Be flexible and open-minded and consider every experience and every mistake a way to learn and become more prepared for the future.

- **Alter your perceptions**

As Epictetus said in 1 A.D., "It is not events which disturb us, but our view of those events." Try to reframe your negative thoughts into more gentle and positive thoughts. Remember you can control what you think and how you react to situations.

- **Manage anger and frustration**

The negativity and anger we harbour can be very destructive. Use anger as insight that something in your life needs attention and problem solving. Funnel your negativity into positive outcomes for yourself and those you love.

- **Strive for GOODNESS, not PERFECTION!**

Give up the need to be right. Limit defensiveness. Forgive – both yourself and others. Accept limitations. Accept that perfection is not possible and that progress is a great accomplishment.

- **Develop good self-care habits**

Allow yourself "mental health breaks" and "time out" regularly. Take care of needs in mind, body and spirit. Eat well, exercise, drink lots of water and get enough sleep. Set limits, prioritize, and delegate and take wonderful care of yourself.

- **Look for the humour in things**

Lighten up! Life is too serious to be taken too seriously. Accept that life isn't fair and try to find opportunities to laugh!

- **Develop mindfulness**

Learn to live in the present. Don't ruminate on events from the past and be conscious of today and the good things that are happening.

**The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.**

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba. ☺