

WHAT IS Resiliency?

Resiliency is about bouncing back from challenges and adapting to adversity. Losing our footing or even falling is sometimes beyond our control. However, how we respond is another matter altogether.

THE SWISS CHEESE MODEL

Resiliency can be explained using James Reason's "**Swiss Cheese**" model. This model is often used in risk analysis and management, and it can help to explain why it is easier for some to rebound from adversity than it is for others. It can also explain where we have influence in our own resiliency.

WHAT ARE THE FACTORS CONTRIBUTING TO RESILIENCY?

According to the "Swiss Cheese" model, there are layers of defense against bad outcomes. Each layer, like a slice of Swiss cheese, has weaknesses or "holes" that allow hazards to pass through and allow for a negative outcome. How the layers, or slices of Swiss cheese are lined up, determines how likely we are to have a bad outcome. As you can imagine, the more layers of cheese, the fewer holes or weaknesses that go all the way through all layers.

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HOW DOES THIS APPLY TO *Mental Health?*

In mental health resiliency, there are many things you can do to increase your layers of defense to improve your ability to bounce back from challenges.

*Here's a closer look at your **four main areas of defense**, each with potential weaknesses and ways you can improve your resilience.*

BIOLOGICAL FACTORS

WEAKNESSES

- Genetic predispositions toward mental health disorders
- Neurochemical imbalances

TO STRENGTHEN THIS LAYER

- Eat a healthy diet
- Exercise regularly
- Practice good sleep hygiene
- Get regular medical checkups
- Make healthy lifestyle choices
- Take medication if needed
- Establish daily routines

PSYCHOLOGICAL FACTORS

WEAKNESSES

- Trauma
- Stress
- Anxiety
- Burnout

TO STRENGTHEN THIS LAYER

- Practice meditation and mindfulness
- Consider therapy
- Practice self-care, stress management, and gratitude
- Check your thinking. Be on the lookout for negative thoughts and challenge them with more realistic thoughts

SOCIAL FACTORS

WEAKNESSES

- Challenging relationships with family
- Isolation
- Limited social support
- Limited opportunities in the community for socializing
- Social anxiety

TO STRENGTHEN THIS LAYER

- Choose to surround yourself with people you love and trust
- Participate in hobbies that involve being around others
- When you feel like isolating, get in the habit of going for a walk in the neighborhood
- Seek social support
- Strengthen existing relationships

ENVIRONMENTAL FACTORS

WEAKNESSES

- Life events
- Socioeconomic status
- Access to healthcare

TO STRENGTHEN THIS LAYER

- Learn about available resources
- Utilize supports
- Visit new places, even within your town, to see your environment from a new perspective
- Find your purpose, by introspection or talking with those close to you
- Engage in activities that have meaning for you

LEARN MORE

About how to strengthen your resiliency by reaching out to speak to a counselor through your Assistance Program.



Take care of your mental health and well-being. You don't have to do it alone.

Call: 855-775-4357

Visit: allonehealth.com/reliance-matrix

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