

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

September 2026

Resilience



Building Resilience: Strength in the Face of Life's Challenges

Life inevitably brings challenges. Loss, illness, relationship difficulties, financial stress, workplace pressures and unexpected changes can test our emotional well-being. While we cannot always control what happens to us, we can develop skills that help us cope, adapt and move forward. This ability is known as resilience.

Resilience is not about avoiding hardship or pretending that everything is fine. It is the capacity to experience difficult emotions, respond to adversity in healthy ways and gradually regain a sense of balance. Resilient people acknowledge feelings of sadness, fear, anger and disappointment. Resilience is the ability to work through those experiences rather than becoming overwhelmed by them.

Resilience Can Be Developed

Resilience is not simply a personality trait that some people are born with. Resilience is the ability to access internal strength and external resources to manage difficult emotions and experiences. We all have the capacity to be resilient, and it can be strengthened throughout life.

Small, consistent changes can make a meaningful difference. Developing healthy coping strategies, maintaining supportive relationships, practicing self-care and learning to challenge unhelpful thoughts can all contribute to greater emotional resilience.

Learning to Manage Stress

Chronic stress can affect both mental and physical health. Building resilience involves learning how to recognize stress and respond to it before it becomes overwhelming.

Simple practices such as regular physical activity, adequate sleep, relaxation exercises, mindfulness, spending time outdoors and maintaining health routines can help regulate stress. Even brief periods of quiet or intentional breathing during a busy day can provide an opportunity to reset.

Changing How We View Setbacks

Resilience also involves perspective. When something goes wrong, it can be easy to think, “I can't handle this,” or “Things will never get better.” These thoughts are understandable, but they may not tell the whole story.

The questions below do not erase a problem. Instead, they help shift attention from helplessness toward possibility and action.

- What is within my control right now?
- What can I learn from this experience?
- What has helped me get through difficult situations in the past?
- Who can I turn to for support?
- What is one small step I can take today?

The Importance of Connection

Sometimes resilience means recognizing that we do not have to handle everything alone. Asking for help is not a sign of weakness; it is often a sign of self-awareness and strength.

Strong social connections are one of the most valuable resources we have during difficult times. Talking with a trusted friend, family member, colleague, therapist or support group can provide perspective and reduce feelings of isolation.

Resilience and Behavioral Health

For individuals experiencing anxiety, depression, trauma, substance use concerns or other behavioral health challenges, resilience can be especially important. Treatment and professional support can provide tools for managing symptoms while helping individuals develop healthier ways of responding to stress and adversity.

Behavioral health professionals can play an important role in helping people identify their strengths, develop coping skills, build supportive relationships, and recognize progress—even when that progress feels small.

Moving Forward

It is important to remember that resilience does not mean recovering quickly. Everyone responds to adversity differently. Healing may take time, and setbacks are a normal part of the process.

Resilience grows through practice. Each time we face difficulty, seek support, learn from the experience and take another step forward, we strengthen our ability to cope with what comes next.

Resilience is not the absence of struggle. It is the ability to move through struggle with courage, support and hope. Building resilience does not require making major changes overnight. It can begin with one small decision: reaching out to someone, taking a walk, getting enough sleep, setting a healthy boundary, making an appointment with a professional or simply giving yourself permission to acknowledge that you are struggling.



If you feel you or someone you know may harm themselves or someone else:

Suicide and Crisis Lifeline: 988

The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386

Veterans Crisis Line: Dial 988 and Press 1

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline: 1-800-656-4673

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

ADDICTION RESOURCES

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#))

[Also visit the online treatment locator. Call: 1-800-662-HELP \(4357\)](#)

Alcoholics Anonymous - [Northern New Jersey AA - Meeting Finder \(nnjaa.org\)](#)

Narcotics Anonymous - [NA Meetings in NJ \(narcoticsanonymousnj.org\)](#)

NJ Self Help Clearinghouse 800-367-6274 - [FIND A GROUP | NJSHGCH \(njgroups.org\)](#)

Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Atlantic Health Chilton Medical Center: 973-831-5078

Atlantic Health Hackettstown Medical Center 908-454 -5141

Atlantic Health Morristown Medical Center: 973-540-0100

Atlantic Health Overlook Medical Center: 908-522-3586

Atlantic Health Newton Medical Center: 973-383-0973

Website: www.Atlantichealth.org