

Openly express emotions

Try doing a website search on "movies that make you cry" and be prepared for *about 17,700,000* hits! Sometimes, a good cry helps us shake off our own blues and releases built-up tension. Now, search for "movies that make you happy" -- *about 91,300,000* hits! Sharing a range of emotions, happy and sad, as well as hopes and fears, helps foster a balanced mental state. Just as important is remembering to take ownership for your feelings and actions and not blame others. And when you're feeling stressed, be sure you still find time to laugh. Laughing can lower stress hormone levels, increase levels of some antibodies and lower blood pressure. The ability to express emotions in appropriate ways is a key characteristic of resilient people.

Oh, and just in case you're interested, some of the top sad movies include Saving Private Ryan, Titanic, Schindler's List, Forrest Gump and (the first one that made me cry) Brian's Song. Happy movies? Ask around your office and see what movies your colleagues say are their choices for happy flicks!



"Be resilient: stretch, bounce back and roll forward."

Resiliency Reminders are brought to you by the "Families in Stress and Transition Team", Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu