

## **Find support through social and economic resources**

Living in a society that places a high value on self-sufficiency can make it difficult to ask for help when we need it. In reality, the ability to ask for help is a strength and the inability to do so can lead to many negative consequences.

Resilient families have a network of people (family, friends, neighbors) and organizations that can serve as their lifeline during challenging times. This network provides practical assistance, such as information and concrete services, as well as emotional support and connection to the larger community. Resilient families are able to recognize when they need help and make use of their network to get the help they need.

As George Bernard Shaw said, “Independence? That’s middle class blasphemy. We are all dependent on one another, every soul of us on earth. “



*“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](mailto:patrick.ducharme@uwex.uwc.edu)*

