

## ***Persevere Under Pressure***

In life, challenges and setbacks are everywhere. Whether big or small, what gets in the way of your plans can leave you scrambling, and you may need to reconsider your goals. The ability to rise above obstacles and overcome the unforeseen is an important quality that can mean the difference between stopping short and achieving success. While it isn't always easy to muscle through life's adversities, your Employee Assistance Program (EAP) can help you learn the skills needed to brave what tomorrow may bring.

### **What it means to persevere**

Perseverance involves being able to remain steadfast, determined, and move forward despite difficulty, obstacles, and discouragement. It also entails resilience and being able to recover from failure. Some examples of perseverance include continuing to exercise amid a weight loss plateau, focusing on your academic strengths as opposed to dwelling on your intellectual limitations, and staying determined to get your dream job despite several unsuccessful interviews.

### **Strengthen steadfastness**

So how do you push through and move forward in spite of setbacks? Here are some tips for improving perseverance.

#### **Believe in yourself**

Before you can succeed, you must first believe that you can. Have faith in yourself and maintain a positive, optimistic attitude. This self-fulfilling prophecy can be a driving force behind any endeavor.

#### **Give way to delayed gratification**

Reaching goals takes time, often much longer and through more attempts than you might expect. Get comfortable with the notion that you may not get what you want right away. Having patience makes achievement that much more rewarding.

#### **Lean into failures**

Let's face it, failing feels bad. Your efforts may fall short or come to nothing many times before you realize success. Therefore, your ability to deal with disappointment is one of the most important aspects of perseverance. Turn your frustrations into motivation to try again and view letdowns as opportunities to adjust and refine your strategy.

#### **Maintain momentum**

Seek positive reinforcement and encouragement. Celebrate your wins big and small, turn to supportive friends and mentors for advice and reassurance, and don't give in to your internal critic when things go wrong.

#### **Have courage to quit**

Not every plan or goal is a good one in the end. Sometimes the timing just isn't right. Other times, a goal can become unproductive or may begin to negatively affect your physical or mental health. There's no shame in recognizing when it's time to set a plan aside or redirect your focus to other efforts.

#### **Consult with your EAP**

Licensed EAP counselors are available 24 hours a day and are here to provide support, helpful resources, and expert guidance to help you strengthen your resilience and increase perseverance.

The EAP is a voluntary and confidential employee benefit available to eligible federal employees at no cost.

24 HOURS A DAY

**800-222-0364**

TTY: 888-262-7848

[foh4you.com](http://foh4you.com)