

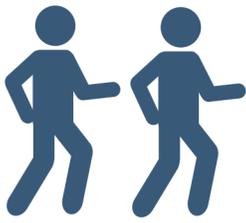
RESILIENCE IN MIDLIFE

Resilience is the capacity to positively adjust to difficult life experience and is particularly essential in midlife when we may be adapting to major life changes. The Hartford Center for Mature Market Excellence and the MIT AgeLab conducted a study with focus groups and an extensive survey* that looked at the stresses and transitions that people in their 40s, 50s and 60s experience and how they remain resilient.

The Most Resilient in Midlife

The most resilient people were more likely than less resilient people to:

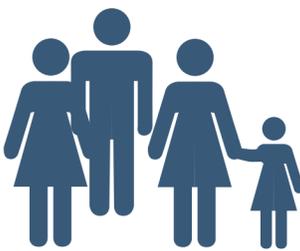
- 1 Select physical activity as way to cope with stress



70%

42%

- 2 Talk to and spend time with family and friends to cope with stress



60%

35%

- 3 Exhibit a strong sense of self-efficacy, which is the belief that they are able to manage through difficult transitions and one of five components for resilience.



SELF-EFFICACY

Resilience, Happiness and Stress

The most resilient people in the survey reported:

- Higher levels of happiness
94% were very or somewhat happy



The less resilient people in the survey reported:

- Lower levels of happiness
32% were very or somewhat happy

- Lower levels of stress
34% not stressed at all



- Higher levels of stress
6% not stressed at all

Stress in Midlife

The most common types of stress that people in mid life are currently experiencing are related to:

53%

Finances & expenses

40%

Health of yourself or others

34%

Changes related to aging



Resilience and Age

Overall, people in their 60s reported higher levels of resilience, compared with people in their 50s and 40s.**



60s



50s



40s

Midlife brings with it a range of life challenges and stressors; with age, people may develop a broader set of response options they can draw on in order to remain resilient.

To learn more about your own resilience, take a quiz at:
extramile.thehartford.com/quiz

* Included in the survey was the 25-question Resilience in MidLife scale, developed by Linda Ryan and Marie L. Caltabiano, as reported in the article, Development of a New Resilience Scale: The Resilience in Midlife Scale (RIM Scale), Asian Social Science, Vol. 5, No. 11, November 2009.

** On the RIM Scale, adults in their 60s scored on average a 69 out of 100, whereas adults in their 50s scored on average 66 and adults in their 40s scored on average a 64. The difference in these scores was found to be a statistically significant difference at the 95 percent confidence level.

The information provided is general in nature and intended for informational purposes only. It is not intended to be an exhaustive source or to relate to a particular person about their resilience or well-being. Readers are advised to consult with appropriate professionals to assist them in understanding their individual situation and needs.

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