I AM RESILIENT

Resilience is the ability to successfully adapt or ‘bounce back’ in the face of adversity. Being a more resilient individual, in all aspects of your life, can help improve your overall wellbeing – emotionally, physically and mentally. It can help you improve your longevity, lower rates of depression and give you a greater feeling of satisfaction in your life both at home and at work.

Contact your program for confidential consultation and guidance on how to become a more resilient person. Visit the Resiliency Toolkit to find tip sheets, flash courses and daily inspiration to demonstrate resilience in your everyday life.

WWW.RESILIENCY.TOOLS