



What Is **Resilience?**

Resilience is more than coping; it's about confronting crises and difficult situations without getting overwhelmed by them. Resilient people are better able to handle life's stressors and to adapt to changing situations. Being resilient can help protect you from stress, as well as depression and anxiety. Talk to your Employee Assistance Program today to learn how to build your resilience.

Here when you need us.

Call: 800-327-1850

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

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