

The Resilience Journey

An Interactive Personal Training Program

How good are you at:

- Getting back up on your feet after life deals you a difficult blow?
- Following your dreams and achieving important life goals?
- Knowing your purpose in life?

These are all components in your personal resilience. Resilient people aren't easily knocked off course. They know their purpose, they achieve their dreams and goals, and they follow their hearts. They also experience less stress, less depression, and better physical and emotional health.

The Resilience Journey includes more than **40 interactive exercises** aimed at deepening one's understanding of resilience and the role that it plays in one's life, as well as how to strengthen and maintain that resilience.

To access the Resilience Journey benefit, simply login to www.theEAP.com and click the Employee & Family login. If you haven't created a username and password, you will need to do so. Once you are logged in, choose the **Resilience Journey** icon.

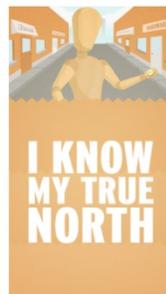
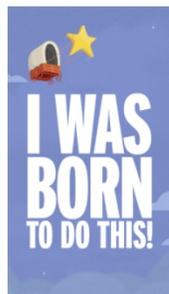
"When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or the death of a loved one. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse."

– The Mayo Clinic

"Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient."

– The Mayo Clinic

the RESILIENCE JOURNEY



More benefits than any other EAP

www.theEAP.com | 1-800-252-4555