

Building Resilience

This month we're going to focus on our Resilience Coach program, a four week program designed to help you learn about and increase your resilience. The best part is it requires only 2 ½ minutes a day to watch the videos!

Resilience is the ability to bounce back from adversity. People who are resilient have determination, persistence and optimism. They take a problem-solving approach to life, have outlets for managing stress, are proactive (that is, when faced with a problem they don't get stuck trying to decide what to do next) and have a good social support network. Resilient people actively face their fears, get regular exercise, stay flexible in their thinking, often have a strong faith in God and or a higher power and take pride in living a life with integrity.

While some people are born resilient and other people have to learn it, we can all benefit by increasing whatever resilience we do have. So, every day for the next four weeks we encourage you to watch that day's 2 ½ minute video, and do the suggested activity.

TASK TIME: 3 MINUTES



Exercise: After watching Day 1 make a list of anything that stresses you out and apply problem solving to permanently eliminate at least one stressor to the list.

Resilience Coach

Week 1 Day 1

[Watch Now!](#)