

Resilience – Take Care of Yourself and Have Some Fun!

It's a fast paced world out there - at work, home and in the community. We'd all like to find ways to decrease the effects of stress. Did you know you are already doing that? This training session will help you identify how.

The presentation will review five types of resilience and examine how practicing these daily can improve quality of life and add years to your life. Objectives for the session include the following:

- Identify and practice the five types of resilience
- Review the science of resilience and mindset
- Learn how acts of everyday creativity can improve quality of life
- Have some fun!!



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