



# Resilience

Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive. – Jean Chatzky

Each of us wakes up each morning challenged by forces of life that can be opportunities or challenges. An opportunity can be exciting but at the same time stressful, and if not managed can become a challenge. Challenges come in many forms and vary from personal stressors to work stressors. These can fall somewhere between mild to major. Not only the intensity but also the number of stressors happening at once can test a person's resiliency.

One way to think of resiliency is the available energy reserves a person builds up to resist, take on, and push through the challenges of life. Much like a battery, the higher the resiliency charge, the higher the likelihood of a positive outcome. Life fulfillment requires not only a start but requires consistent follow through and action. Individuals don't come with an endless supply of energy. What they do, think, and feel influences their resiliency level and readiness to face each day.

The purpose of this wellness theme is to provide employees and their families a greater understanding of what resilience is, how you can increase your resiliency charge, and how you can help others. This will help contribute to overall personal fulfillment – the ability to live and enjoy life based on one's visions and values that promote peace and happiness.

For this week's theme we are providing you with a live webinar called Building Resilience Muscles which is being provided by our EFAP provider, Workplace Options, on **Monday, June 29, 2020 at 1:00 p.m. EST**. This webinar is available for anyone to attend in Canada or the U.S. You can register via the link below:

- <https://attendee.gotowebinar.com/register/2978534525531909392>

This session will be recorded and will be made available for those unable to attend.

In addition to the webinar we also have the following resources available to you:

- [Plan for Resilience - Workplace Edition](#)
- [Resiliency Guide](#)
- [8 Steps to Build Professional Resilience](#)
- [Workplace Options – Free Computerized Cognitive Behavioral Therapy](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play  
PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
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