

RESILIENCY

**BUILDING INNER STRENGTH FOR
STRESS, SETBACKS & CHANGE**



Resiliency ► The capacity to recover quickly from challenges. It's an emotional super power!

2 IN 3

*The World Health Organization (WHO)

PEOPLE ARE STRESSED FROM WORK

BURNOUT:
AN OFFICIALLY
RECOGNIZED
WORKPLACE ISSUE*



1 IN 5

**ADULTS FACE DEPRESSION—
STRESS IS A KEY FACTOR**

STRESS:
RAISES RISK OF
HEART DISEASE,
DIABETES &
ADDICTION



THE POWER OF RESILIENCE



RESILIENT PEOPLE CAN:

- Remain calm under pressure
- Manage their emotions effectively
- Guard against burnout
- Stay productive through challenges

4 TIPS TO GAIN MORE RESILIENCY

EMPOWERMENT



Know your strengths
& build self-esteem

CONNECTION



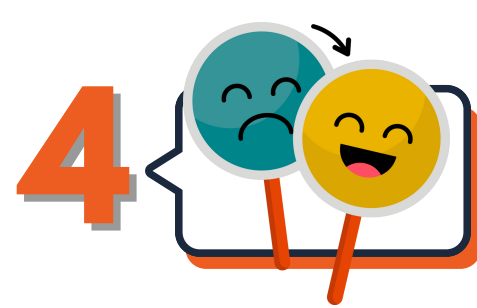
Foster healthy relationships
& ask for help when needed

SELF-CARE



Practice
self-care regularly

ADAPTABILITY



Learn and use healthy
coping strategies



How Ulliance Can Help

- 24/7 support for emotional crises
- Free, confidential counseling and coaching
- Resources on stress management & anxiety

Ulliance
Enhancing People. Improving Business.