

HOW MUCH IS TOO MUCH

BEING RESILIENT
TO STRESS

Resilience describes the process of coping with stressful situations and problems and then moving on from them. You can't always avoid stress, but you can develop tools to handle it. Strong relationships, good communication and problem solving skills, the ability to make plans, and a positive outlook are all traits of resilient people.

TOLL-FREE: **800-208-3782**

WEBSITE: **www.bhoptions.com**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

Self-Care: Remaining Resilient

Dec 16 — 10 am, 12 pm PT

We've all heard the basics on how to deal with stress, but have we fully committed to implementing these in our lives? Learn the benefits of self-care to become resilient to stress.



BEHAVIORAL HEALTHCARE OPTIONS, INC.™