



September feature

Coping with Worries and Building Resilience

Global polls show that people’s top worries are about money, work, safety, and health. Whatever your worries, you can learn to build your resilience, a set of skills that will help you cope well with life’s daily hassles, as well as handle bigger concerns and challenges.

See our feature, [Coping with Worries and Building Resilience](#) (live on the platform’s homepage in “Featured Articles,” September 1 to 30) for helpful tips on how to thrive through change, practice positivity, manage worries, raise resilient children, and build your emotional resilience. Or, log in to the platform any time to access related resources, such as:

- [Building Your Resilience with Self-Care](#)
- [Teaching Yourself to be Resilient](#) (podcast)
- [Change & Resilience Toolkit](#)

Remember, you can also contact **inConfidence** for confidential support for yourself or a loved one—about any issue or concern, any time. Our advisors are here for you, 24/7.

Online: www.myinconfidence.ca

Username: NLMA **Password:** inconfidence

Call inConfidence toll-free, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

Note that this month’s feature will be live on the homepage from September 1 to 30, 2018.

Search the platform any time for helpful resources related to this topic.

Download the “LifeWorks” app!



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