



inConfidence®
Employee & Family Assistance Program

January feature – Resilience

Resilient people are said to be “like bamboo in a hurricane – they bend, but they never break.” Are you resilient?

Resilience is the ability to face life’s challenges, to be flexible, to adapt, and to move beyond. Resilience doesn’t mean that you’ll never experience trauma or set-back; that you’ll never feel sad, lost or overwhelmed; and it’s not a trait you’re born with. Resilient people use skills and strategies that we can all learn and practice: they take care of themselves, set realistic goals, manage stress, keep a positive outlook, are open to change, and most importantly, foster a strong support system they can lean on.

If you’re looking to boost resilience, [inConfidence](#) can help! Contact us any time, 24 hours a day, seven days a week, to speak confidentially with a caring consultant for expert advice. Or, go online to www.myinconfidence.ca to listen to our new podcast, [Building Resilience](#), or to access other helpful articles and tools. *(Be advised that you may need to log in with your username and password the first time you click on a link below.)*

- Booklets: [Bouncing Back](#), [10 Ways to Overcome Overload](#)
- Self-assessment: [How Resilient Are You?](#) or web-based training: [Understanding Stress, Increasing Resilience](#)
- Audio recordings/CDs: [Breathe – Managing Stress](#); [Change \(podcast series\)](#)
- Articles: [Getting Past Obstacles to Personal Change](#), [Ten Ways to Bounce Back](#), [Growing Stronger Through Change](#), [How to Develop an Optimistic Outlook](#)

Download our FREE mobile app for iPhone, Android and BlackBerry; simply search for “LifeWorks” in your device’s app store.

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Ceridian LifeWorks Mobile
(User ID: NLMA ; Password: inconfidence)

