

Resilience & Thriving: "The Secret Power of Stress"



"The Resilience & Thriving course now provided by BRiDGES, is not only evidence-based but also easy-to-use, has universal application (as thousands of individuals have been reached across diverse industries such as the military, small businesses, Native American populations, higher education, healthcare and corporations) and teaches practical skills for identifying and reducing stress - Both at home AND work!"

"Resilience is the process of bouncing back from adversity and continually learning and growing"

To learn more about this or any of the many programs BRiDGES offers, call us at:

**(315) 697-3947 or visit
bridgescouncil.org**

- Identify warning signs of poor coping, and ways to address these or get the resources you may need for help.
- Identify your life-style and coping-style strengths.
- Create ongoing goals for addressing stress.
- Learn how to use stress as a positive resource for resilience and thriving.
- Receive an 8-page workbook with exercises you can keep using.
- Learn mind-body tools for adapting a positive mind-set in the face of stress.



BRiDGES
STRENGTH. HOPE. COMMUNITY.