



RESILIENCE & THRIVING:

"THE SECRET POWER OF STRESS"



"The Resilience & Thriving course now provided by BRIDGES Madison county 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!"

- 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.

CONTACT US

We are available to offer support and hope:

*Call (315) 697-3947
1507 Upper Lenox Ave
Oneida, NY 13421*

WE CAN CONNECT YOU WITH LOCAL RESOURCES THAT WILL MEET YOUR NEEDS.

This course was designed by Organizational Wellness & Learning Systems and is an adaptation of Module 4 (Stress, Problem Solving and You) from the Team Awareness curriculum, originally developed at the Institute of Behavioral Research (The Workplace Project), under NIH grant. © 2018, National Wellness Institute and Organizational Wellness & Learning Systems