



CONCERN:EAP

# Healthy & Resilient You



resilience hub<sup>™</sup>  
by CONCERN:EAP

## Toolkits Tailored to Help You Build Resilience

Many of us live and work in a fast-paced environment that requires us to constantly multi-task, stay connected and quickly adapt to real-time changes. It's not surprising that we feel a wide range of emotions during any given day. Staying calm and managing stress requires on-demand strategies and tools to help you stay resilient at home and work.

The CONCERN Resilience Hub<sup>™</sup> offers a series of Toolkits designed with effective strategies tailored to help you: Calm Down & De-Stress, Lift Your Mood, Train Your Anger and Get Your ZZZs – so you can develop your own personal resilience strategy.



### CALM DOWN & DE-STRESS

Tools to help you breathe, relax and de-stress.



### TRAIN YOUR ANGER

Tools to help you tone down frustration and anger.



### LIFT YOUR MOOD

Tools to help you feel better and bounce back.



### GET YOUR ZZZS

Tools to help you sleep longer and better.

## Calm Down and De-stress

The Calm Down & De-stress Toolkit has crystallized the theories and practices behind a myriad of stress reduction techniques such as focused breathing, progressive muscle relaxation and mindful self-awareness. These instant techniques can be done on the go or at your desk!

Unexpected events such as home repairs, flight delays or family illness can leave you worried about the unknown. The article “De-Stress Your Way to a Healthier Lifestyle” provides tips on how to manage your time and gain perspective to enable you to take care of yourself.

Fast approaching deadlines and rush delivery projects can have you feeling under pressure. Check out the “BBC Brainsmart” video to find out what stress really is. You’ll discover that it’s actually a survival mechanism that can help you focus and give you the edge to get things done.



**Pro Tip:** If your thoughts seem to be mostly negative, try changing your expectations and goals. Err on the side of success and optimism!

## Train Your Anger

The Train Your Anger Toolkit offers strategies that will help you overcome life's frustrations. You'll learn how to manage your anger so it won't negatively impact your health or relationships.

Whether you're stuck in traffic or upset by a conflict with a colleague, it can be easy to project your anger on to others. Before you combust, take some time to review "Train Your Anger through Guided Breathing Meditation." This 5-minute exercise will enable you to step back from any situation and control your anger.

We've all been caught off guard and overreacted. If you feel like it's becoming your go-to response, we recommend you read the article "How to Keep Your Cool and Calm Down in the Moment." You'll discover ten simple tips to get you back down to room temperature so you can resolve conflicts rather than make them worse.



**Pro Tip:** *To keep your cool in the moment, take a deep a breath and walk away and visualize a peaceful scene. Simple, but proven to work!*



## Lift Your Mood

The Lift Your Mood Toolkit offers everyday tips to help lift your spirits and focus on the moment. This Toolkit will inspire you to rethink the meaning of happiness, elevate your mood in the moment and provide you with an instant relaxation tool.

Waking up on the wrong side of the bed or feeling a little down doesn't have to derail your day. The article "Mood Lifting Tips – For a Quick Pick-Me-Up" provides quick tips to help you get back to the "happy you".

Do you ever feel like you're spending all of your energy working, without enjoying what you've accomplished? Check out the video "Life Satisfaction vs. Complete Unhappiness." This TEDx talk will inspire you to spend less time seeking happiness and more time focusing on being happy now.

## Get Your ZZZs Toolkit

Falling asleep and staying asleep are two different, but equally challenging dilemmas many of us face. Sleeping restores our energy and focus. The Get Your ZZZs Toolkit will help you establish healthy habits and provide relaxation techniques to get you ready for a great night's sleep.

It can be difficult to "shut off" your inner dialog. All that chatter can lead to restless sleep. To help wind down before hitting the pillow, we recommend relaxing with the Calm application. This tool offers a balance of beautiful video imagery and music geared toward improving your ability to meditate, relax and sleep.

## Building your Resilience with the Resilience Hub™ Toolkits

From better sleep, to anger management, to improved mood, toolkits provide on-demand tips, videos, apps and guides to help you address day-to-day roadblocks with effective resiliency strategies.

Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™.

First-time users will have to type in your company name to access the site. [www.ConcernResilienceHub.com](http://www.ConcernResilienceHub.com)

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

**Call: 800.344.4222**  
**[www.concern-eap.com](http://www.concern-eap.com)**