



CONCERN:EAP

# Healthy & Resilient You



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

## Your New Pathway to Resilience

Despite your best intentions, do you find that you have picked up bad habits, let go of good ones, and forgotten what it feels like to be operating at your peak potential? Think of what more you could accomplish in work and life if you were happier, healthier and harder.

**How great would it feel to thrive under pressure** – to not just deal with ongoing challenges or bounce back from setbacks, but to use the momentum to help you succeed. CONCERN:EAP has created a new Resilience Hub to help you learn the new skills to make this happen.

### Your Virtual Mentor: The Resilience Hub<sup>TM</sup>

CONCERN:EAP has developed the Resilience Hub as a resource to help you rethink stress, focus on what you can control and be more resilient at work and in your personal life. The Resilience Hub is an ever-evolving online bank of valuable and practical resources with multi-media content built around easy to learn strategies that target physical, emotional and mental well-being.

**It is your one stop for on-demand self-help tools and resources to assist you in navigating life, work and relationships.**

### How resilient are you?

Start by thinking about your current state of resilience. A key step in self-development is knowing where to begin. Take a holistic approach and pay attention to what's happening on a daily basis with your body, mind, and feelings. Take personal stock of where you are now and then use the Resilience Hub toolkits to leverage your strengths and gain insight on new tactics to bolster weaker areas.

**Here are some questions to consider when determining how resilient you are:**

1. Can you calm yourself and focus on taking useful actions during times of crisis?
2. Do you see difficulties as temporary and expect to overcome them?
3. Do you adapt quickly to new developments?
4. Are you good at bouncing back from difficulties?



**Resilience Tip:** Find a trusted friend to help you answer questions like this about yourself. You may be surprised at how others see you.

## Setting the stage for a more resilient you

It's important to be honest with yourself as you identify what aspects of your life you want to improve. Understanding your needs can help you effectively focus on the new tools that are most appropriate for you such as:

- Identifying your sphere of influence
- Practicing mindful self-awareness
- Discovering hidden habits that can hold you back and secret strengths you didn't know you had
- Understanding that small changes can lead to big results



**Resilience Tip:** *Understanding new concepts and revisiting old ones will help you change your perspective and develop new strategies for tackling old problems.*

## Embracing Stress: A new approach

We all know insanity can be described as doing the same thing over and over again and expecting a new result. We're here to help you "Stop the Insanity!" The Resilience Hub gives you resources and useful insight to help you implement a new approach to cultivating more resilience in your life. Throughout the year, we'll share tips and techniques to chart your own resilient path by focusing on topics including:

- Staying focused at home and work during times of upheaval
- How to be a part of a social support system
- Practicing the attitude of gratitude
- Rethinking stressors



**Resilience Tip:** *Focus on consistency, not the task itself. Instead of overhauling your lifestyle (and setting impossible expectations), try taking small steps on your path to resilience.*

## The New You

Your pathway through the Resilience Hub is paved with powerful personal growth strategies and professional support services. Ultimately, these resources will help you to become more resilient, vibrant and accomplished:

- Focus on the activities and people that make you happy.
- Pay attention to your instincts and emotions regarding decisions.
- Build the courage to face your fears.
- Focus on the resources to which you have access.
- Do less busy work, and work smarter.
- Make self-care a priority.
- Believe in your ability to succeed.
- Appreciate your true friends, and return the favor.



**Resilience Tip:** *Dive in to the Resilience Hub today and start cultivating your resilience one small step at a time. Modest goals coupled with consistent actions lead to long-term success! Go to [concern-eap.com](http://concern-eap.com) and log-on to access the Resilience Hub.*



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)**