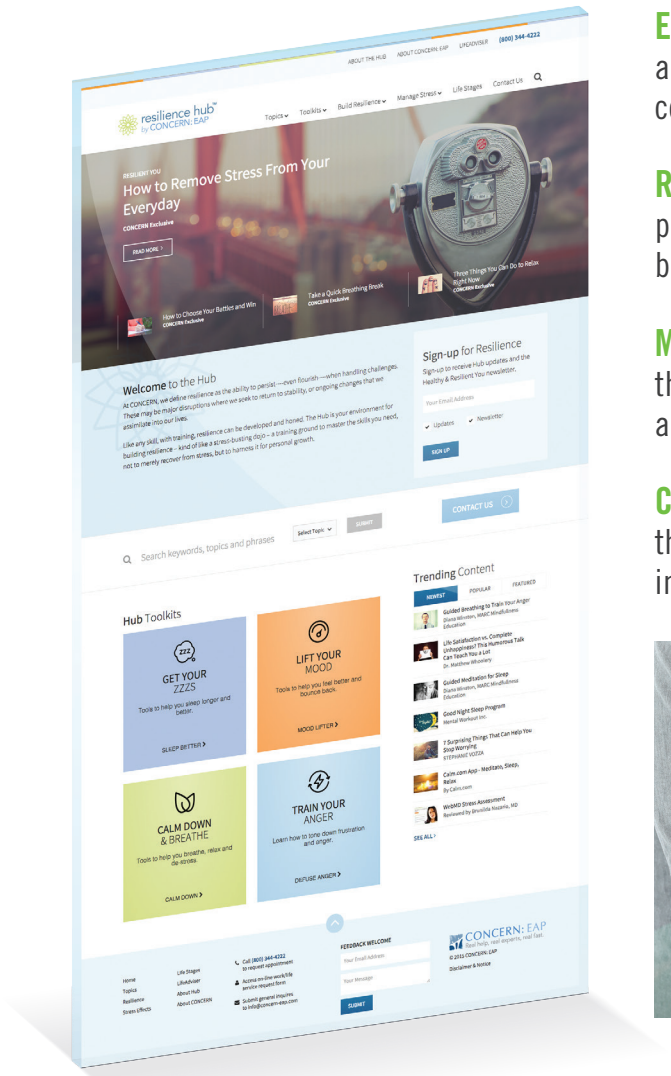
The Resilience Hub is Your Virtual Mentor

resilience hub™ by CONCERN: EAP

It's time to develop the skills that will help you manage stress, and improve your health, productivity, and resilience both at work and home!

Think of the Resilience Hub as your training ground to become a more accomplished you.



Emotional Strength In Numbers: View informative articles and tips on how to develop a diverse support network with colleagues and friends.

Rethink Stressors: Find resources to reframe the way you perceive stress and challenges. Learn how to harness the benefits of stress to help you overcome future challenges.

Mindful Self-Awareness: Learn how to be aware of your thoughts and feelings in the moment in order to respond appropriately in any situation.

Create Small Habits: Forget the grandiose 6-week life overhauls that never work. Learn how to implement the tiniest of changes in your daily routine and experience sustainable results!



Dive into the Hub and start cultivating your resilience today!

The *Hub* can be accessed at **www.concernresiliencehub.com**.
Enter your company name to experience the Hub for yourself.

Concern
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Wellbeing, Done Well.

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