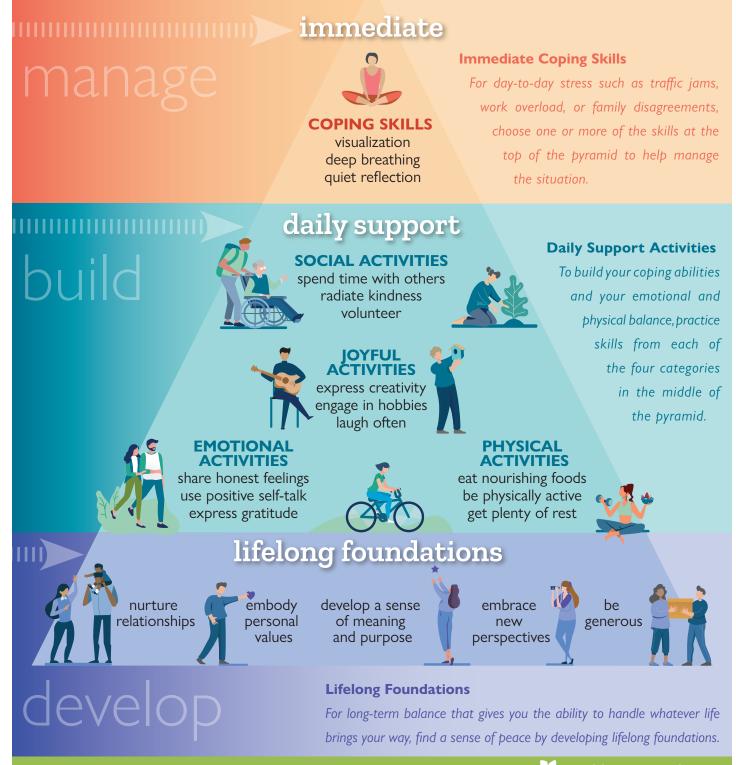
ENRICH EMPLOYEE WELLBEING

EMBRACE RESILIENCY

Cultivating a sense of **resiliency** is about keeping our personal tank full so we're able to adapt and manage the stressors life throws our way. The greatest sense of wellbeing will happen when you regularly practice **Immediate Coping Skills**, make time for **Daily Support Activities** and develop **Lifelong Foundations**.



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