

re·sil·ience

/rə'zilyəns/ noun

The capacity to recover quickly from challenges.
It's an emotional super power.

Ulliance

Enhancing People. Improving Business.

*The World Health Organization (WHO)



2 IN 3
2 in 3 people report work is a significant source of stress



BURNOUT
Is officially recognized as an occupational phenomenon*



STRESS
High levels are linked to Diabetes, Heart Disease & Substance Abuse



1 IN 5
1 in 5 adults are affected by depression, and routine stress can play a role in its onset

6 Tips to Gain More Resiliency



Know your strengths



Foster healthy relationships



Practice self-care



Build your self-esteem



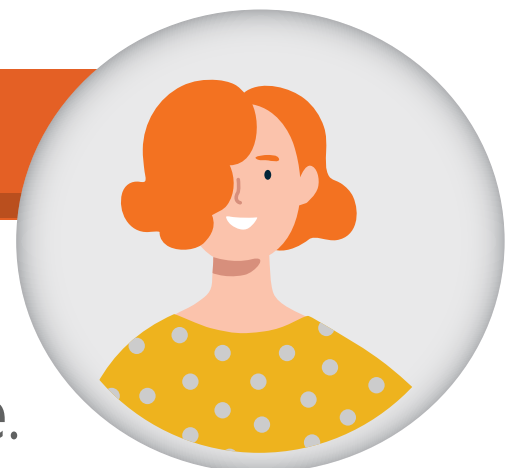
Reach out & ask for help



Learn coping strategies

Why is Resiliency important?

Resilient people can remain calm, manage their emotions, guard against burnout & remain productive.



How can Ulliance help?

Ulliance offers free, confidential support and resources such as:

- Counseling to help you manage stress, depression and anxiety & to build your confidence.
- Coaching as a tool to help you proactively address goals such as problem solving & developing coping strategies.

• Books and workbooks on stress management & anxiety **CALL US ► 800.448.8326**