

THE ART OF RESILIENCY



The Art of *Resiliency*

Thrive gracefully during life's challenges

Wellness is not the absence of illness or stress. Because of this, an effective wellness program must encompass learning resilience. Through “The Art of Resiliency,” you can support your employees as they mindfully focus on building resilience and in turn, thrive amidst life’s challenges.

This seven-week program taught by a Prevea Health & Wellness Coach focuses on the six dimensions of wellness including emotional, financial, social, spiritual, physical and nutritional wellness. Each employee participant creates a personal toolkit tailored to individual stress management and coping techniques.

Create a resilient workforce through The Art of Resiliency program. Contact Prevea Corporate Health & Wellness at **(920) 431-1999**.

Weekly focus *includes:*

1. Understanding what stress is and learning to identify personal stressors
2. Physical wellness: time management and sleep
3. Social wellness: healthy boundaries and personality types
4. Emotional wellness: the recognition of anger, fear and joy
5. Occupational wellness: the pursuit of happiness
6. Spiritual wellness: coping techniques
7. Intellectual wellness: journal, writing and living the life you desire

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