



# Stronger

## Bounce back during COVID-19

During COVID-19, we've all been concerned, stressed or even sad. But have you noticed some people seem to be especially good at coping during this time?

That's resilience or the ability to cope. It isn't something you're born with. It's a skill you can learn. We're here to help you become more resilient. Call us or go to your member website to find:

- Skills to manage stress
- Ways to find meaning in negative events
- Tips to build optimism
- Habits of resilient people

Stress happens to all of us — especially during COVID-19. Let us help you become more resilient. We're here for you 24/7, 365 days a year.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.