



The Resiliency Project – Session 10

Resilience...



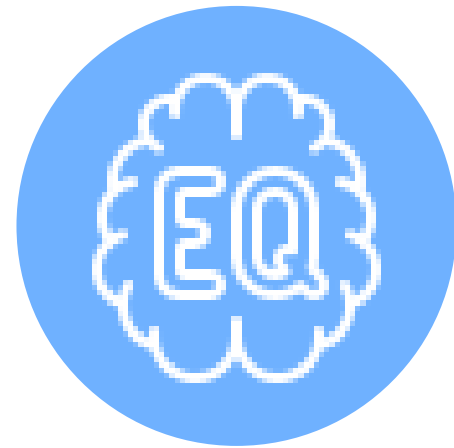
- Bounce back
- Adapt
- Thrive

Best Care EAP

The Resiliency Project



Cultivate a Growth Mindset



Build Emotional Intelligence



Maintain a Positive Outlook



Practice Self-Care



Develop Strong Social Connections



Practice Mindfulness & Self-Reflection



Foster a Sense of Purpose



Set Realistic Goals



Foster Problem-Solving Skills



Embrace Adaptability



Develop Time Management Skills



Seek Help & Utilize Resources

Today

- Embrace Adaptability
- Define Adaptability
- Reveal Its Value
- Offer Tips for Embracing It
- Preview Next Month's Topic
- Review How Best Care Helps



Problem-Solving Skills Make You Resilient

- **Enhances confidence**
- **Reduces stress and anxiety**
- **Promotes adaptability**
- **Fosters a Growth Mindset**
- **Builds emotional regulation**



A Simple, Effective Strategy: IDEAL

- **I**dentify the problem
- **D**efine a SMART goal
- **E**xplore possible solutions
- **A**ct on a chosen solution
- **L**ook back and evaluate



Your Assignment...

- Apply the IDEAL Strategy
- Put the solution into action
- Report back today



Adaptability

Adjust effectively to new, changing, or unforeseen circumstances.



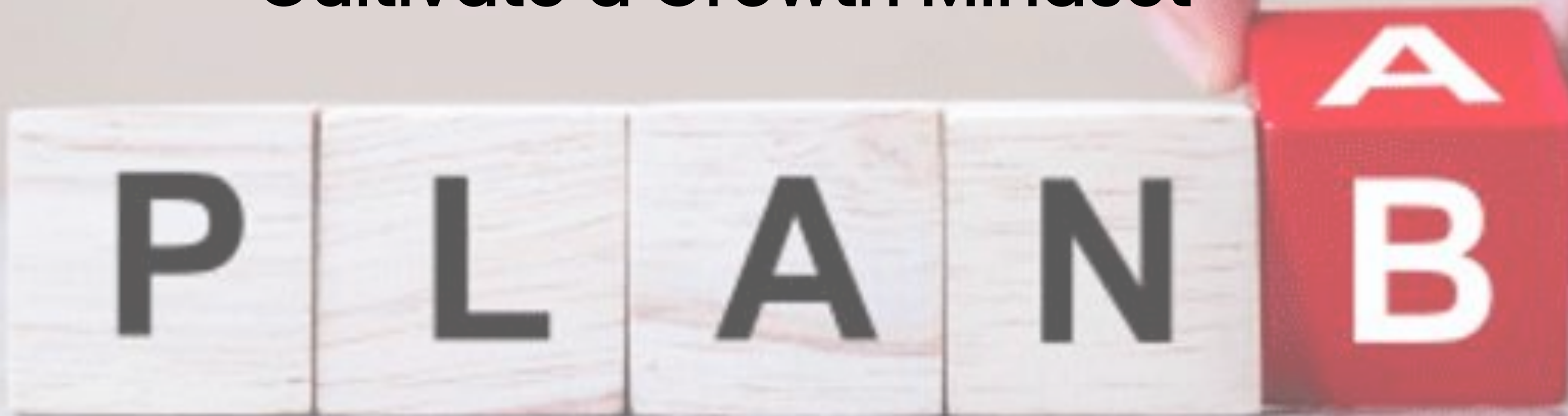


Makes You Resilient!

- Enhances problem-solving
- Promotes mental flexibility
- Reduces stress
- Encourages learning

Adaptability

- Embrace change
- Practice flexibility
- Develop critical thinking skills
- Cultivate a Growth Mindset



Adaptability

- **Seek out new experiences**
- **Improve your EQ**
- **Learn from failures**
- **Stay informed**



Adaptability

- Practice active listening
- Develop a support network



Your Assignment...

- **Pick one of the following:**
 - **A routine duty in a new way**
 - **Have a new experience**
 - **Identify a trend/development**
- **Report the results**





Coming in November

Time Management





Best Care EAP Can Help!

Best Care EAP Can Help!



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