



The Resiliency Project: Session 12

Resilience

A black and white photograph of a woman in a dark, sleeveless dress leaning forward, looking towards a tree that has grown at an angle in a field. The tree's trunk is curved, and its canopy is dense and dark. The background is a bright, hazy sky over a flat landscape.

Bounce back

Adapt

Thrive

Today...

- Resilience doesn't mean "going it alone."
- When is it time to seek professional help?
- How Best Care EAP can help.



Let's Review!

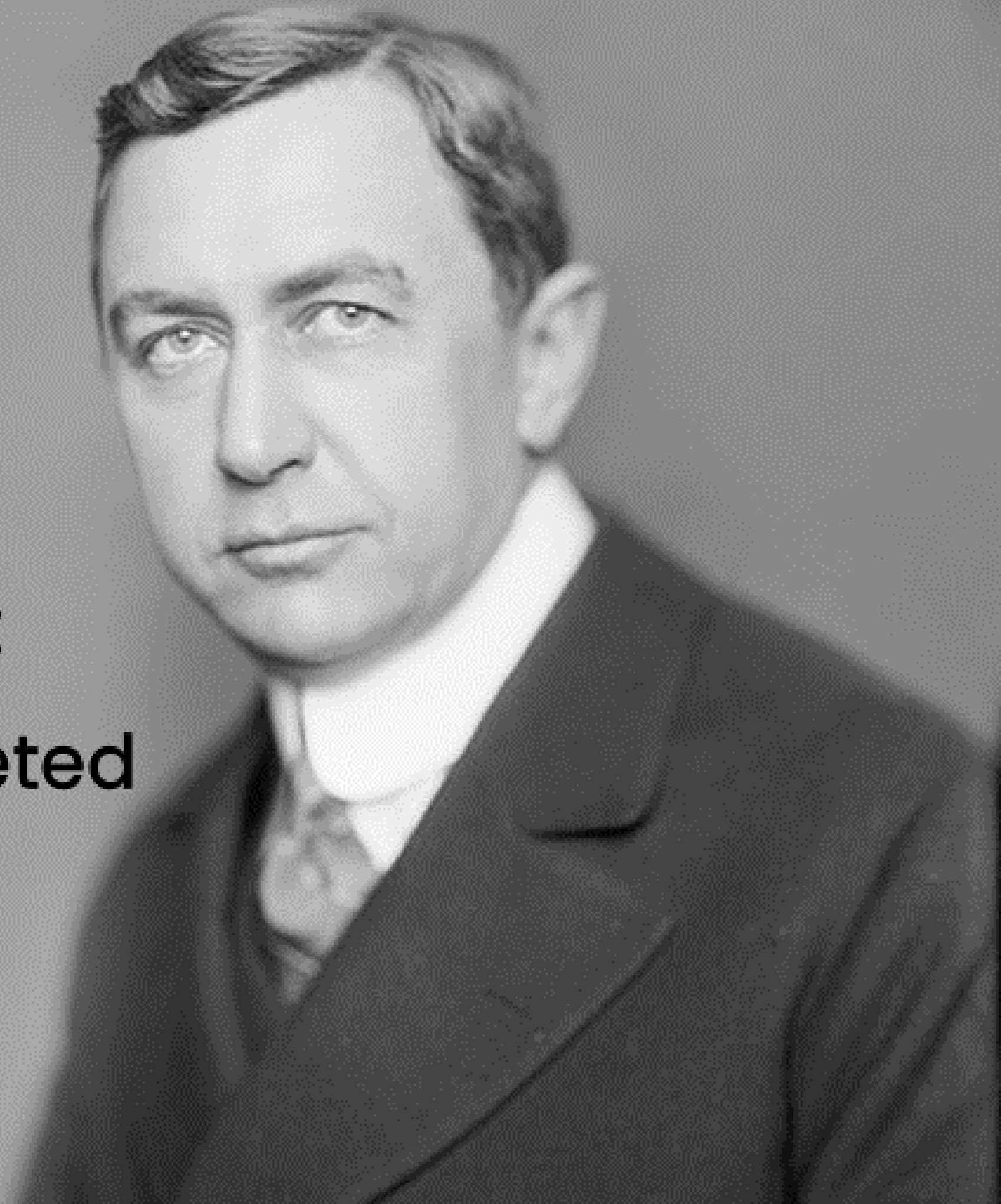


Time Management & Resilience

- Reduces stress
- Improves work/life synergy
- Enhances productivity and self-confidence
- Better manages your resources
- Improves decision making
- Increases your sense of control
- Enhances your adaptability

The Ivy Lee Method

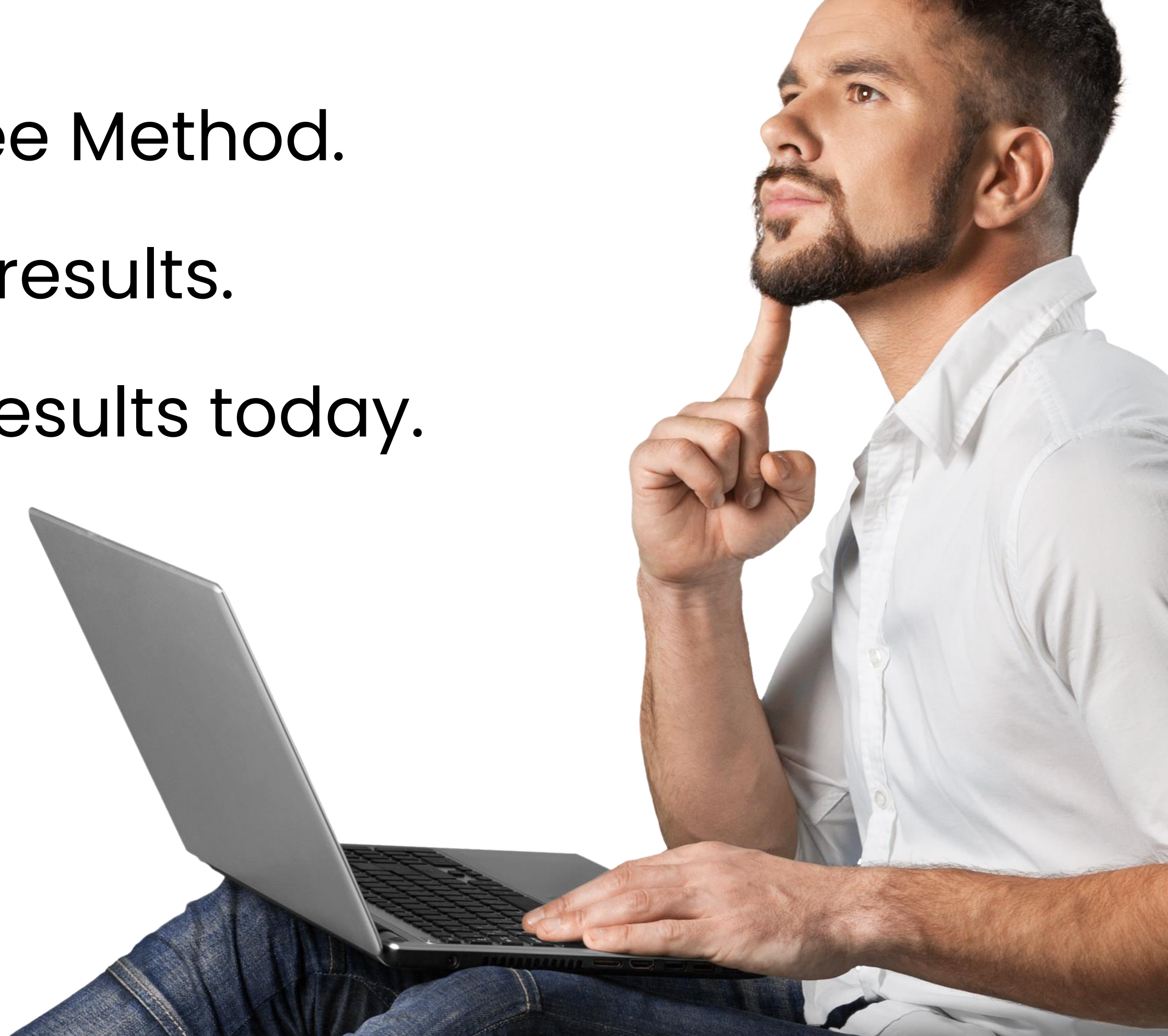
- Make a 6 item list
- Prioritize it
- Start on #1
- If interrupted, deal with it
- Return to #1 until completed
- Start on #2
- Rise, repeat.



Homework Review



- Use the Ivy Lee Method.
- Evaluate the results.
- Report your results today.



Seeking Help



Being resilient
doesn't mean
going it
alone!



Seeking Help When YOU Need It...

- A mark of maturity
- A badge of courage



Emotionally Distressed?

- Overwhelming emotions?
- Difficulty regulating emotions?



Trouble Functioning?

- Disrupted daily functioning?
- Changes in sleep/eating patterns?



Trouble Coping?

- Unhealthy coping strategies?
- Isolating yourself socially?



Life Changes and Trauma?

- Major life transitions?
- Trauma or loss?



Relationship Troubles?

- Recurring relationship issues?



Where to Find Help



Sources of help are
more available than
ever before!



Best Care EAP Can Help!



Counseling



Training



**Health and
Wellness**

Just a Call Away!

For more information or to activate 24/7/365 critical incident response services, please call **(402) 354-8000** or **(800) 801-4182**.

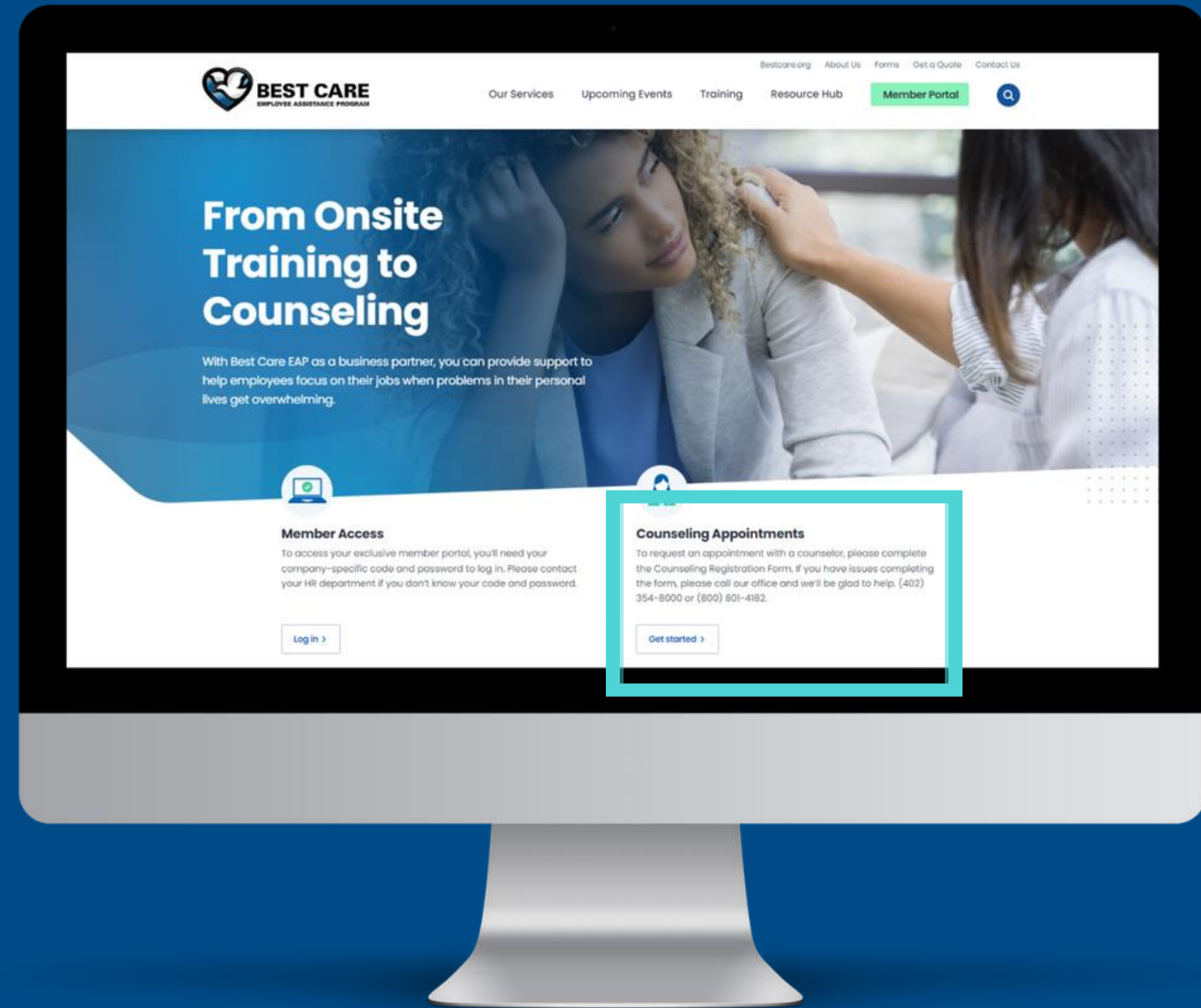


Just a Click Away!

Log-in to your company's **Member Portal** to access additional resources:

- User name: bcCODEe
- Password: CODE

To schedule a counseling appointment, visit www.bestcareEAP.org and complete the **Counseling Registration Form**.



www.bestcareEAP.org



See You in 2025!