

Resilience



The Value

**How do you react to unexpected difficulties?
A resilient person can bounce back more quickly
and with less stress than someone whose resilience
is less developed.**

**Often, people with higher resilience rebound from
major setbacks even stronger than before. Resilience
is a skill that can be learned and improved over time.**

**Want to access tools and improve
resilience in your life? Log-in to your
EAP Member Site today!**

To Access:

1. Go to www.cascadecenters.com
2. Click “Member Log-In”
3. Register as a new user
4. Select the Resilience tile

**“Resilience can go
an awful long way.”**

- Eddie the Eagle

