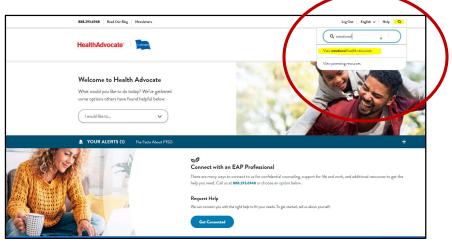
Building Resilience

Employee Assistance Program (EAP)

888.293.6948 (24 hours a day, 7 days a week)

To learn how to build resilience, go to: <u>healthadvocate.com/standard3</u>

Search for: "Emotional Health Resources" and "Resilience"



Select "See All"

Emotional Health Support your sense of self with information on of important emotional health issues.	a wide range		
Emotional Health Topics	Anger Management View All		
Anger Management	Cool Off Hot Tempers	Five Steps for Cooling a Hot Head	Understanding and Accepting Anger
Anxiety Disorders			
Attention-Deficit/Hyperoctivity Disorder (ADHD)			A A
Autism Spectrum Disorders	You've had a long day, and you're in a hurry to get home. Iraffic is crawling, and you have to stop for groceries. After waiting forever in	Staying in control and managing your emotions can often be challenging when dealing with a difficult situation. Inevitably,	As children, we may have been taught to suppress our anger. However, to feel anger is perfectly natural. It's healthy to feel anger,
Bipolar Disorder	Read More	Read More	Read More

Select "Resilience"

	ilthAdvocate"		EAP: LIFE & WORK	
Emotional Health Support your sense of self with information on a wid of important emotional health issues.	e range		6	
Emotional Health Topics	Domestic Violence and Abuse	Realizesce	× Trauma and Past-Traumatic Stress Disorder	
Anxiety Disorders	Eating Disorders	Schirophrenia		
Attention-Deficit/Hyperactivity Disorder (ADHD)	Grief and Coping With Loss	Self-Care and Healthy Living		
Autism Spectrum Disorders	Loneliness	Stress Management		
Bipolar Disorder	Mental Health Disorders	Substance Use, Misuse and Addictions		
Depression	Mindfulness	Suieide Prevention		
See Less				

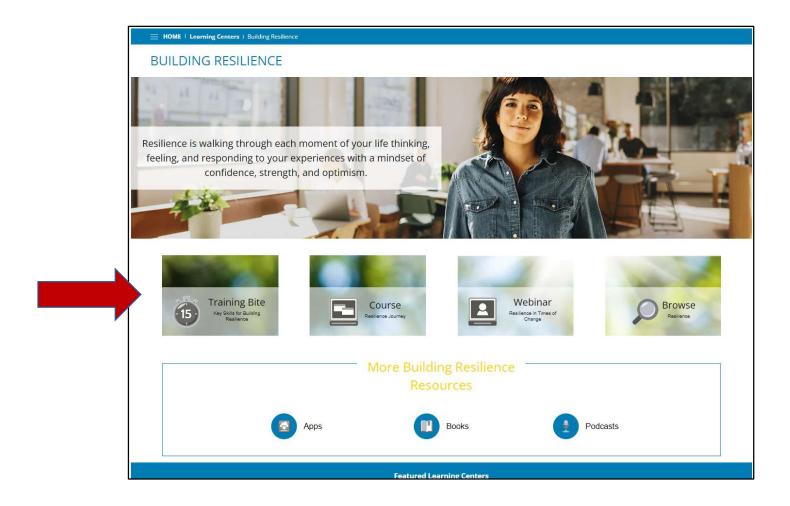
Select "View All"

888.293.6948 Read Our Bing Newsletters			Leg Out $ $ English \sim $ $ Help $ $ Q.		
HealthAdvocate Demo			(2) EAP, LIFE & WORK		
Emotional Health Support year array of self with information as a of important executional health inverse.	ide range			2	
Emotional Health Topics	Relifience View All Meking: Sood Decision in Spor Stops	Overcoming Fears and Phobias	Using Positive Emotions to Create More Balance in Your Daily Life		
Analety Disorders Attention-Definit/Hyperostivity, Disorder	And the second second	HI E			
(ADHD) Autism Spectrum Disorders	When making important devisions, you should take time to consider the possible outcomes and consequences that may follow	It's normal to feel afraid, but sometimes a reasonable feer can turn into an unreasonable phabia. Read the informatio	Positivity is something we sould all use more of these days. COVID-19 has rapidly uproved our lives, leaving us feeling		
Bipolar Disorder	Road Moro	Read More	Read More		
Depression					
See All (19)					
		her Your Emotional Health Kno er took and resources to help expand your un o Assessments			
The second		Assessments Wellness, Anxiety, and more nal and physical health assessments. Get insights your risk levels and actionable stees to take.	vvebinars Rosilience, Embracing Life's Challenges, and more		Eire Chat

To find the training course, select the Resilience Topic "Building Resilience" updated 4/12/2023:

II Using Positive Emotions to Create More Balance in Your Daily	Life
Contrast Contex Contrast Contrast Contrast Contrast Contrast Contrast Contrast	Soring
this has been turned upside down by this worldwide health crisis. All of this change and uncertainty has left us battling against negativity and trying to prevent it from taking hold of our thoughts, emotions, and behavi	대한 Videos 미 태 Webinars
a) 3 minutes to read / Updated 04/02/2020 / — * * * * *	
Making a Good Decision in Seven Sleps: When making important decision, you mould take time to consider the possible outcomes and consequences that may follow. Pay close services for the value aspect that we wighing in on your decision and make sure they align with your priorities and future gass. Think hefer you are, and vertness store policy your decision-maring process: 12 minutes and ut these store policy your decision-maring process:	Apply
How to Cope with Difficult Personalities	
There is no way to completely avoid crossing paths with initiating or frustrating people. Your best strategy is to learn how to deal with them without losing your cool. Follow the tips below so you can gain the necessary skills to handle difficult personality types.	
🖄 3 minutes to read / Updated 05/20/2021 / 📥 🏶 Crite	
Ways to Enhance Your Self-Esteem	
Parling good aboor yourrel's an essential velocities to living a hadayo, hadoy (Mc Unfortunaey), we are often our nown worst enemy. Moreor we are inscore aboo scrann parts of our livins or we as our massite expensations for ourselves, how we we aboot how we live sour- lives can greatly impact our quality of file. The good news is self-statent is something you can work on and change for the better. Read on to find how you can increase your self-seem and enamors your file.	
© 2 minutes to read / Updated 05/20/2021 / - * * * *	
Building Resilience	
Resilience is walking through each moment of your life thinking, feeling, and responding to your experiences with a mindset of confidence, strength, and optimizm.	
0 / Updated 04/12/2023 /	
Overcoming Fears and Phobias	

You should arrive at the following "Building Resilience" screen showing several options.



Select "Training Bite", and then "Course", or select another resource. When prompted to create a username and password, enter your own private account, and enjoy the journey.

EAP: Life & Work Resource
Welcome
If you had a previous login to content, you will need to create a new username and password to use this site.
Enter your credentials.
Username Username or Email
Password
Password
Remember this device? (optional)
Forgot your password?
Don't have an account? Sign-up now.
Continue

If you have Questions, contact the Employee Assistance Program (EAP) directly at 888.293.6948 (24 hours a day, 7 days a week) or <u>healthadvocate.com/standard3</u>.