



The Resiliency Project Session 5

Resilience



Today...

- **Why connections are vital**
- **How they're forged/maintained**
- **Practical tips for busy people**
- **The best use of social media**
- **Preview our next session**



Let's Review!



Self-Care



SELF-CARE
ISN'T
SELFISH

e them
and
to do to ge

HEAR YOUR LA

Self-Care

S = Sleep

E = Exercise

L = Leisure

F = Food



Create a Self-Care Habit





Social Connections

- **Reduce stress/suffering**
- **Promote wellbeing**
- **Create purpose/belonging**
- **Provide support**

The image features a central glowing orb with a gradient from yellow to orange. Surrounding the orb are several dark silhouettes of hands, some reaching in from the top and others from the bottom, as if holding the orb together. The background is a soft, warm gradient of light colors.

Prioritize love/acceptance

Make sacrifices

Communicate honestly

The image features a central graphic of a globe held by several hands. The hands are rendered in dark brown silhouettes against a background of a warm, glowing sunset or sunrise with a gradient from light yellow to soft purple. The hands are positioned around the globe, with some fingers pointing towards it, creating a sense of collective support and care. The text is centered over the globe.

Embrace differences

Preserve during difficulties

Forgive and let go

- **Make it a “Must Do”**
- **Focus on quality, not quantity**
- **Address conflicts promptly**
- **Don't rely on technology**



- **Join a group**
- **Volunteer**
- **Attend work events**
- **Use online platforms**
- **Ask for introductions**



- **Share the interesting & relevant**
- **Focus on quality**
- **Be authentic**



- **Be selfish/needy**
- **Spam**
- **Use poor grammar**
- **Compare to others**
- **Be a know-it-all**



- ***Crucial Conversations* by Joseph Grenny**
- ***Hold Me Tight* by Dr. Sue Johnson**
- ***How to Talk to Anyone* by Leil Lowndes**
- ***Platonic* by Dr. Marisa Franco**



- **Pick a tip**
- **Record the impact**
- **Prepare to share**





Next Month

Mindfulness & Self-Reflection





Best Care EAP Can Help!