

# ***ENHANCE YOUR RESILIENCE!***

***(Manage Life Stressors More Effectively)***

Resilience improves well-being and emotional health. It can also help achieve life goals.

Resilience is the capacity to survive, adapt, and improve conditions no matter what kind of chronic stresses and acute shock experienced. Simply put, resilience is the ability to bounce back and grow from a disruptive event – to emerge stronger, wiser, and more able.

This seminar is really about tools to enhance quality of life ~ embracing each day, living in the moment, responding effectively to challenges, feeling joy.

## **Why Is Resilience Important?**



**TUESDAY, FEBRUARY 5, 2019**

**4:00 pm – 6:00 pm**

**SYPHAX ~ Room 454/456**

**SEMINAR LED BY MANIFEST RA, LIFE BALANCE EXPERT**

**Incorporating transformational thinking,**

**Tai Chi and other skillsets**

**\*Light refreshments served at 3:30 pm.**

**MUST RSVP BY WEDNESDAY, 1/23/2019:**

**[UNIKA.DABNEY@APSV.A.US](mailto:UNIKA.DABNEY@APSV.A.US)**

**Registration limited.**

