

# Eduhealth Bupa Healthcare Talks: Building Resilience



## Is resilience a skill?

In this talk, we look at the five domains of resilience, bringing specific awareness to stress symptoms, identifying and completing activities to build resilient thinking, increase connections with others and build physical resilience with some lifestyle changes. Build your own resilience toolkit for staying well.



### Topics covered:

- Understand 'resilience' as a term
- Be able to identify your stress symptoms
- Feel equipped with tools to feel cognitively and emotionally resilient
- Feel connected with others, gaining a sense of 'collective resilience'
- Understand how to build physical resilience with simple lifestyle choices
- Feel equipped with your own personal resilience toolkit

### Scan the QR code to sign up for the talk:



**Date:** 21st April

**Time:** 2 pm

**Online**

Delivered by Bupa wellbeing specialist with expertise in workplace resilience and mental health