

Space for Resilience



Tackle life's challenges head-on

Boost your emotional and physical resilience

What is it?

Space for Resilience is a preventative programme to enhance wellbeing and strengthen your ability to bounce back from challenges and even be strengthened by difficult experiences.

Your resilience, your power

A safe and confidential space, available 24/7, designed to help you explore:

Evidence-based

Developed using evidence-based techniques, Space for Resilience uses a multi-dimensional approach across five core pillars to develop the skills and behaviours to build your resilience.

The 5 core aspects of resilience



self-esteem



purpose



connections



mind



body

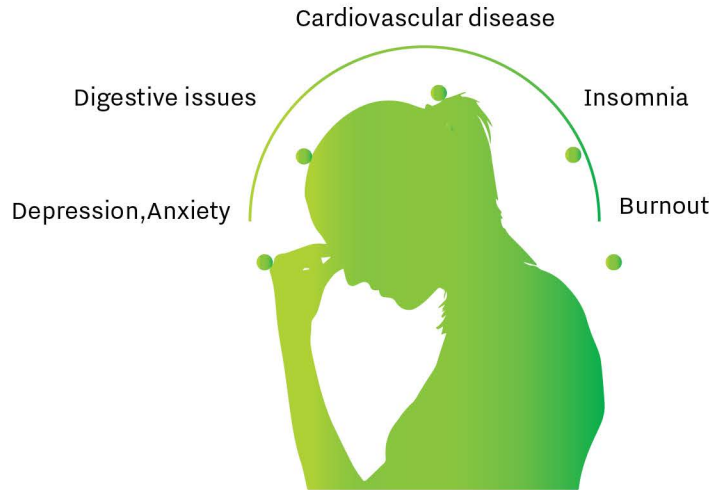
Why does resilience matter?

In modern life, we face numerous challenges, problems and sources of stress, including increasing job demands, financial worries and caregiving. Increasing your resilience not only gives you the tools to face and learn from these challenges, it allows you to thrive and live life to fullest.

74% of people have felt so stressed they have been overwhelmed or unable to cope.

The effects of chronic stress

A lack of resilience reduces your ability to handle stress well in difficult situations. Chronic stress is associated with harmful health consequences



Empowering

We can't always reduce the challenges or problems we face in our lives but we can develop the skills to manage better. Space for Resilience empowers you to:

- Learn practical strategies to help you lead an engaged life
- Operate at peak performance even in the face of a high pressure
- Maintain healthy relationships with co-workers, family and friends
- Optimise your lifestyle to improve wellbeing
- Evaluate and change your thinking to be more balanced and optimistic

Fits in with your lifestyle

Work at your own pace – over 7 modules. Access it 24/7 on your phone, tablet or computer – wherever suits.

Easy to use

Interactive tools, quizzes, activities and personal stories make it easy to use and apply what you've learnt to your day to day life.

