



EVERYDAY STRONG

Stress getting in your way?

Learn how to bounce back from it

Did you know stress can make you sick? It's true – but with resilience, you can fight the effects of stress.

What is resilience?

It's the ability to bounce back from tough stuff, bend without breaking and cope with stress in healthy ways. Resilience has many dimensions – physical, emotional, mental and social – to name a few.

Resilience doesn't happen overnight. It takes practice. Use these tips to start making changes in how you think and act:

- **Accept that change happens.** Look at it as a challenge, not something scary.
- **Find the good.** Look for positives in stressful situations and try to learn from them.
- **Practice healthy habits.** Do things for you, find ways to relax and be thankful for the good in your life.

Start building resilience with help from myStrength.

To get started, visit healthpartners.com/wellbeing and choose the myStrength activity after you log in.

Or access myStrength through your [myHP mobile app](#) by selecting the Living Well icon.