



Strengthening your Wellness & Resilience



Everyone experiences stress. However, chronic stress can negatively affect one's mental and physical health. What stresses one person out may not necessarily stress another person. Being able to identify the stressors in your life helps you to better manage your stress and mental resilience. Applying suitable stress management strategies can help you to stabilise your moods, allow thoughts to become clearer, improve relationships and reduce the risk of illnesses.



What You Will Learn:

- Recognise the negative effects of ill health
- Identify your stressors and increase self-awareness of how you respond to and react under stress
- Self-examine where you stand in the areas of stress and your quality of life
- Explore your values and the support you need to de-stress
- Evaluate the wellness tools you may activate to help you better manage your stress and overall health
- Equip you with a personal guide to help you become the best version of yourself



Who is this for:

Individuals like you who would like to be better equipped with stress management techniques and self-care strategies to better manage stress, raise productivity and interact positively with others.

Organisations who are enhancing employees' resilience to build organisational well-being.

