



Resources *for* Living®

Practicing self-care helps build resilience

Resilience is your ability to bounce back from stressful times. Taking time to practice self-care supports your sense of well-being day by day and helps build resilience.

Everyone has their own favorite ways to practice self-care. These resources can help you find and nurture yours.

We're here for you 24/7/365. Call us for support with building self-care practices into your life and more.



Become more aware of self-care

[Listen...](#) | [Read the transcript...](#)



Take a moment to relax

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[Benefits of self-care](#)



[Give yourself a break | Transcript](#)



[Ways to uncover your life's purpose](#)



[Self-care: things to do during breaks](#)

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