

Jan
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New Year New Resilience

wellbeing
in focus 

Strengthening Our Inner Fortitude

- ✓ Being resilient can help us manage stressful situations, protect us from mental ill-health, and improve our health and wellbeing.
- ✓ Building resilience is a journey, not a destination. It's about incorporating positive habits and practices into our daily lives.
- ✓ 32% of the UK working population are reported to have low levels of resilience to stress.



Scan the QR code to learn more about building resilience.



counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk

 wellbeing
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The counselling & advice service is provided by Wellbeing Solutions.
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