

# Health & Wellness

## Facing Uncertainty



## WE HEAR YOU SAYING...

IT IS STRESSFUL NOT KNOWING WHEN THIS WILL END AND WHEN WE CAN GET BACK TO NORMALITY IN OUR LIVES AND JOBS. THE UNCERTAINTY IS CAUSING A LOT OF ANXIETY.



### ADAPTING TO CHANGE

HIGHLIGHTS FROM THE ARTICLE:

- THE CHANGE PROCESS
- 7 HELPFUL STRATEGIES FOR COPING WITH CHANGE

### BUILDING RESILIENCE

(Log in: please click on "group account" and use the password "health")

HIGHLIGHTS FROM THE VIDEOS:

- WHAT IS RESILIENCE?
- 5 PATHWAYS TO RESILIENCE