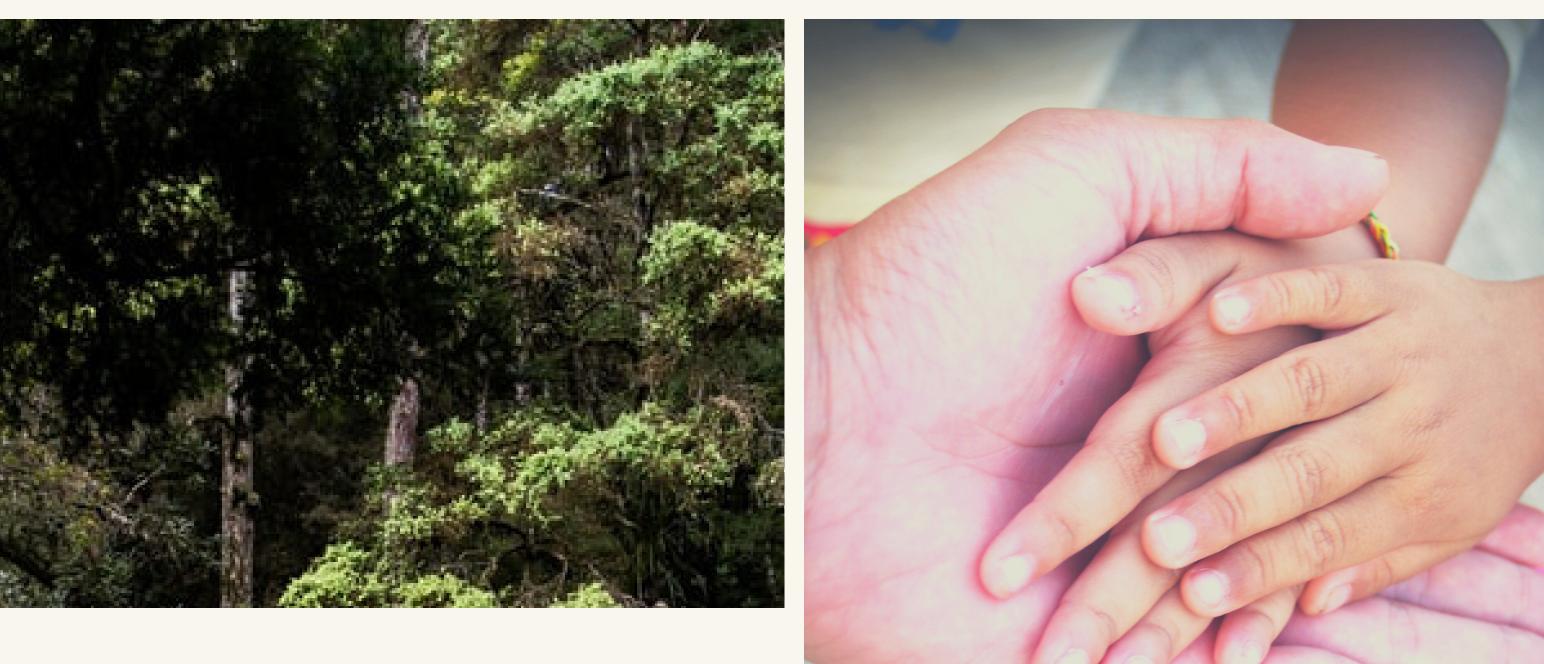
Health & Wellness Facing Uncertainty



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.





Surrey Schools

EADERSHIP IN LEARNING

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