

FAQs

What is a stressor?

It's anything that causes you stress, whether it's big or little. A difficult project at work? A traffic jam? Opening the refrigerator to see that someone drank the last of the milk? Those are all stressors.

What is resilience?

It's how well you can cope with or "bounce back" from a stressor.

Why does resilience matter?

It's the most important thing you can do to manage stress. Having lots of resilience will help you fully enjoy more of your life.

When and where should I work on building up my resilience?

Anytime, anywhere! Try a resilience building exercise whenever you're faced with a stressor. You can be at work, at home, in the car or in the middle of the grocery store.

How can resilience training help me?

It can help you learn which stress-busting techniques work for you. Once you know what works, you can make healthy habits that leave you feeling happier more often.

