

# The Resiliency Project

## Monthly Journal



## Welcome to The Resiliency Project!

We are glad you're joining Best Care EAP on a yearlong journey to build resilience.

Through participation in our 30-minute live webinars and by following through with your "homework," you'll cultivate the skills necessary to create habits you can count on to help you persevere through life's challenges.

We've created this journal to make it easy for you to take notes during the monthly webinars and keep track of your progress. Simply print it, and you're ready to go!



# The Resiliency Project

Jan. 10 Notes



## Cultivate a Growth Mindset



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Feb. 14 Notes



## Build Emotional Intelligence

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March 13 Notes



**Maintain a Positive Outlook**



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April 10 Notes



## Practice Self-Care



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May 8 Notes



## Develop Strong Social Connections



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June 12 Notes



## Practice Mindfulness & Self-Reflection

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July 10 Notes



## Foster a Sense of Purpose





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Aug. 14 Notes



## Set Realistic Goals



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Sept. 11 Notes



## Foster Problem-Solving Skills

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Oct. 9 Notes



## Embrace Adaptability

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Nov. 13 Notes



## Develop Time Management Skills

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Dec. 11 Notes



## Seek Help & Utilize Additional Resources

