



Reducing Stress Building Resilience

N Good Health is offering a four-week workshop that will teach you how to cultivate mindfulness, positivity and simple everyday techniques to become more resilient to stress. The weekly topics and goals are:

Week 1: Personality discovery

Identify those aspects of your personality that impact how well you cope with stress. A variety of articles and videos will help you understand how personality and stress are related.

Week 2: Creating resilience

Discover how to cultivate resilience and build positivity to better cope with stress and improve well-being.

Week 3: Cultivating mindfulness

Discover how mindfulness contributes to stress reduction and increases well-being.

Week 4: Stress management in practice

Learn techniques you can use every day to improve how you cope with stress.

You can earn points!

You can earn 10 healthy action points toward N Good Health's step 4 upon completion of this workshop.

To sign up, go to **NGoodHealth.com**.

