



Here4TN Leader's Monthly

May 2019

The Importance of Resilience

From getting kids to their after-school activities to meeting important work deadlines, your employees know all about the stresses of juggling life as a working parent. But being under stress for too long can have a negative effect on one's mental, emotional and physical health. Having resiliency can help.

Resiliency is the ability to cope with hard times, trauma and stress — and it can help you overcome life's many challenges. Staying resilient in the face of day-to-day pressures can help you take care of your health and well-being.

Traits of resilient people

People who are resilient tend to have a positive outlook. They take control of their own lives. When tragedy strikes, they're better able to stay balanced and work their way through the setbacks. You can help your employees cultivate these traits.

To help you learn how to help your employees become more resilient, consider these trainings through Here4TN:

Build Your Resilience (1.5 hours)

Empowering attendees to take action in their own lives, this training explores the characteristics that help people deal with unexpected challenges in a positive way. The concept of stress hardiness is also defined and discussed. Employees will:

- Define resilience
- Find ways to be more stress-hardy
- Determine personal resilience level
- Identify what it takes to be resilient

As a leader, it can be hard to keep up with all of the programs and services you and your employees have available. That's where your new Here4TN Leader's Monthly can help.

Register today

Call 855-Here4TN (855-437-3486) for more information or [go here to complete a training request form and get started today.](#)

Continue on to [page 2 »](#)

Continued from [page 1](#) »

Upcoming Webinar

This year, we've added quarterly webinars — just for supervisors. These webinars will cover a variety of topics such as stress, resiliency, substance use in the workplace, and job burnout.

Join the next webinar, Substance Use in the Workplace.

During this webinar, you will learn important information about substance use and drug testing, including how to identify substance use issues in the workplace and how to address them based on company policy. How to confront an employee and document observations will also be discussed.

Participants will:

- Examine the most commonly abused drugs
- Identify helpful resources and how to use them
- Understand the extent of substance abuse in the workplace
- Reinforce skills to effectively deal with workplace performance or behavioral issues
- Recognize signs and symptoms that may impact a safe and productive work environment
- Explore actions and circumstances that make up “reasonable suspicion” and impairment

Mark your calendar now!

Date: July 17, 2019

Start time: 12:00 pm CT

End time: 1:00 pm CT

[Login here](#)

Phone: +1-415-655-0002

Access code: 661 429 716

Want to learn more? Visit the substance use section on [Here4TN.com](#). For a referral to a counselor or more resources, call 855-Here4TN (855-437-3486) to connect with a Here4TN specialist today.



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