



September manager feature Recharging and Building Resilience

Pressure and stress, work worries and other difficulties—all can wear down resiliency. Whatever challenges you may face as a manager, resilience can help you stay focused and productive, happier and healthier, and strong during times of challenge and change.

See our manager feature, [Recharging and Building Resilience](#) (live on the platform’s homepage in “Featured Articles,” September 1 to 30) for helpful tips on how to effectively manage stressors by building your personal resilience and that of your team. Or, log in to the platform any time to access resources to help you take care of yourself and the people you manage:

- [Building Your Personal Resilience as a Manager](#)
- [Building Individual and Team Resilience After a Disaster or Traumatic Event](#) (podcast)
- [Your Role as a Leader in Building Team Resilience](#)

To learn more about ways to build your resilience and support your team members, contact **LifeWorks**, any time, 24/7. We’re here for you with confidential guidance and expert advice.

Online: login.lifeworks.com
Username: bcferris Password: healthy
Call LifeWorks, toll-free, 24/7: 1-888-307-0590
TTY: 1-877-371-9978

Note that this month’s feature will be live on the homepage from September 1 to 30, 2018.
Search the platform any time for helpful resources related to this topic.

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