

Healthy & Resilient Workplace

2017 Communication Calendar

Resilience is the ability to persist and even flourish while under pressure. Like any other skill, resilience can be developed with a little practice and knowledge. Our monthly Healthy & Resilient Workplace newsletters can help you get started on the path to a healthier and more resilient you.



January Choose Happy

The science of training your brain to walk on the sunny side of the street.



July Energy Management Tips

Get more out of the time you have through mindful use of energy ebbs and flows.



February We Can Relate

Managing conflict and strengthening personal and professional relationships.



August Feeding Your Inner Child

Playtime is important for adults too, re-learn to make time for fulfilling creative pursuits.



March Embrace Optimism

Building resilience through the power of realistic optimism.



September Grudges Aren't Good for You

Forgiveness is an essential skill for emotional and physical health.



April Nature RX

Unlocking the healthful benefits of regular doses of nature.



October Use Stress as Fuel

Get a charge from stress instead of letting it be in charge of you.



May Unplugging to Recharge

Mindful use of electronics for better sleep and renewal.



November Compassion First

Having compassion for yourself and others as a cornerstone of Emotional Intelligence.



June You've Got Rhythm

Learning to recognize and influence our bodies' reactions and internal rhythms for better health and stronger resilience.



December The Power of No

How proper boundaries can help build resilience and healthier relationships.