Start building resilience with help from myStrength.   
To get started, visit **healthpartners.com/wellbeing** and choose the myStrength activity after you log in.

**Feeling stressed from   
time to time?**

Learn how to bounce back from it.

Resilience is your ability to bounce back after a stressful situation. We’re all faced with stress – at work and at home. But when you’re resilient, you’re able to handle it without breaking down or giving up.

There are things you can do to become more resilient. Make small choices every day to eat better, sleep well and be active. You’ll bounce back from stress when you:

* **Reduce negative self-talk.** Stress can often lead to negative thoughts about yourself. Thinking positive thoughts can often lead to a better mood.
* **Get better sleep**. Do something relaxing before bed. Try meditating, reading or writing in a journal.
* **Eat better-for-you foods**. When your body is fueled right, your mind works better. Eat your five servings of fruits and veggies each day.
* **Get moving**. When you’re stressed, try a walk around the block, instead of dipping into the ice cream. Play with the kids instead of zoning out in front the TV.