

# BOUNCING BACK

GuidanceResources®



We all experience setbacks. Some of us are just better at bouncing back from them than others. That's called resilience, and it's not something you develop overnight. But with a little effort and assistance from your GuidanceResources program, you can learn which strategies work best to get you back on track. Our GuidanceConsultants<sup>SM</sup> are highly trained, caring counselors who work with you on building resilience, keeping a positive attitude or virtually any other topic, including:

- Overcoming stress, anxiety and depression
- Dealing with grief and loss
- Building better relationships
- Job pressures or conflicts
- Substance abuse or dependence



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