

# Build your resilience

The ability to adapt or recover from challenges — from daily stresses to major traumatic events — is an important skill. Known as “resilience,” this trait can help improve your mental and physical health. It’s also something that anyone can develop.

Your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost, to help you:

- Develop an optimistic outlook.
- Practice self-compassion.
- Focus on your strengths.
- Build your confidence.

These resources can help you build on your resilience and strengths:

## Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions. You and your household members each receive 4 visits per issue per year.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “resilience” on the website to read articles that can help you and your loved ones.

## Anthem EAP

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## Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **800-346-5484**
- Use our **Sydney Health** app.
- Go to **anthemEAP.com** and enter your company code **VBA**

