

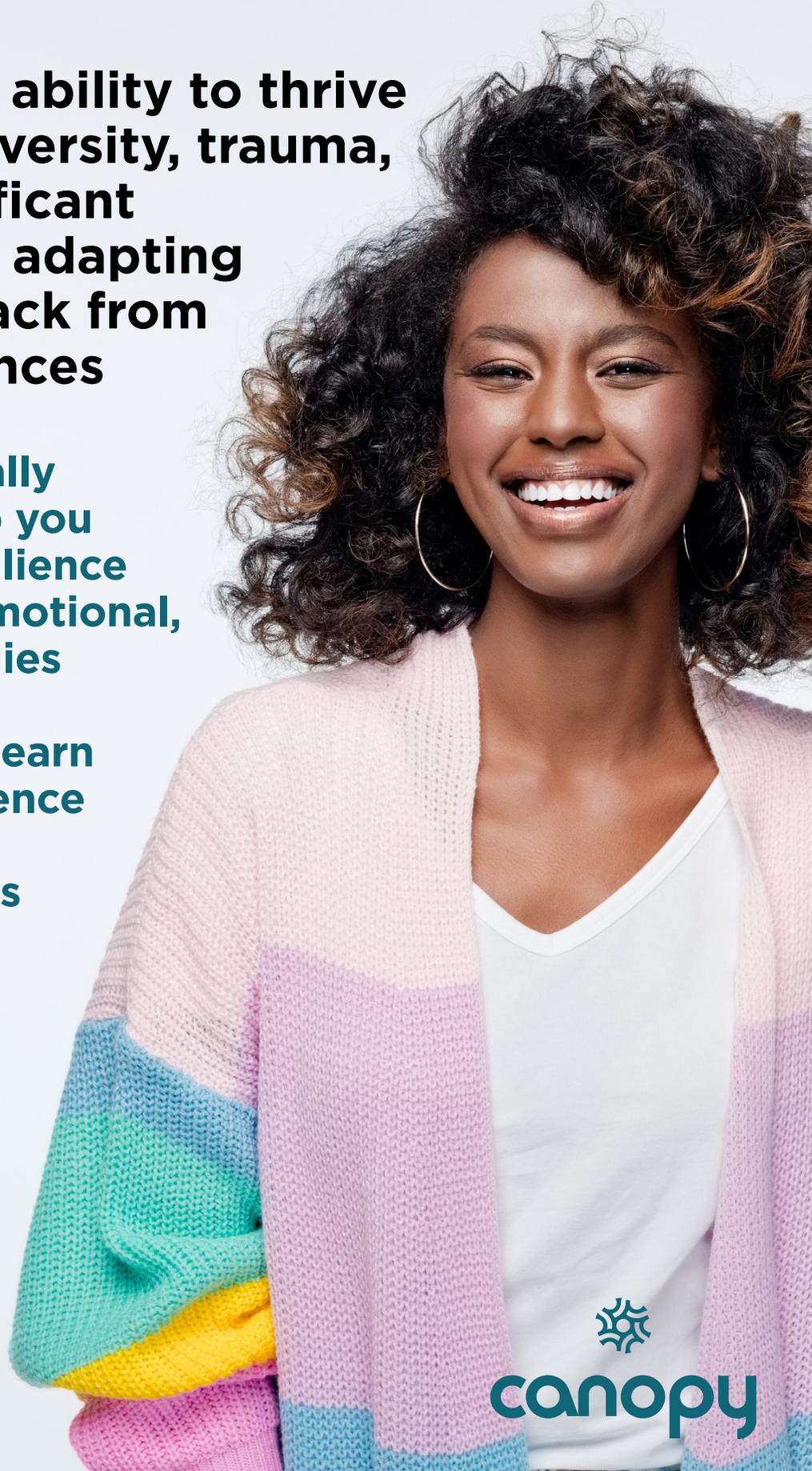
# Resilience

**Resilience is the ability to thrive in the face of adversity, trauma, change, or significant stress - it means adapting and bouncing back from difficult experiences**

**There are scientifically proven ways to help you strengthen your resilience including mental, emotional, and physical strategies**

**Contact Canopy to learn skills to boost resilience through coaching, counseling, webinars and self-directed resources**

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