



Building a Resilient Self

Attend a convenient webinar to help you thrive. This webinar is free of charge and available to any state employee.

Resiliency has an impact on social, emotional, and physical health. In this webinar we'll review tools and resources to strengthen their resilience toolbox. You'll discover personal character strengths to boost ways to manage stress, be an active participant in the community, and know what it truly means to thrive!

You will learn in this webinar:

- Understanding resiliency
- Determining the effects resiliency has on mind and body
- Identifying barriers that prevent resiliency
- Applying practical tools and tips to improve resiliency
- Creating an action plan for short- and long-term goals
- Getting resources for ongoing support and skill building

Webinar Details:

Date: Thursday, July 22

Time: 1:30pm - 2:30pm

[Registration link](#)

For questions, please contact:
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[Uplift Oregon](#) is a Labor Management Partnership that the State of Oregon, SEIU 503 and AFSCME Council 75 entered into as part of the Bargaining Agreement of 2019. Uplift was created to build and deliver consistent and quality education in benefits, wellness and equity to all state employees.

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