

## Resilience Program

Resilience is the ability to cope with tough experiences. Building your resilience can help to protect your well-being, even when times are hard. My Military Health offers a digital therapy program. It can help you to become more resilient by learning new ways of thinking. By taking the Resilience program, you can become stronger, and gain a more optimistic viewpoint.



### Understanding and knowledge

You'll learn about different types of resilience and how they can help you. You will also assess your current levels of resilience in each of these areas.



### Skills and strategies

The program will help you discover ways to build your confidence and improve your relationships. Plus, you'll learn how to create a healthy lifestyle. By tuning in to your thoughts and emotions, you'll start to create a more positive outlook.



### Forging ahead

By the end of the program, you will have learned how to increase your resilience in all areas of your life. You will have a plan to continue your progress so you can adapt to whatever lies ahead.

## Is this program for me?

This program can help you achieve a greater sense of well-being and satisfaction. You will learn techniques to help you deal with challenges, both today and in the future. You can access the program on your phone, computer or tablet, wherever and whenever you need it. There are seven modules to work through at your own pace. For most people it takes about eight weeks.

You may have days when you don't feel like using your program – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

## Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT helps people improve their well-being. It allows you to become more aware of how you are feeling and how to make the changes you need to feel better.

## Program modules

- **Building Resilience** – Find out how resilience can enhance your well-being and efficiency.
- **Purpose** – You will identify your values, passions, and what matters most to you in life.
- **Self** – Appreciate your strengths and learn to practice self-compassion.
- **Connections** – Nurture your relationships and engage with others.
- **Body** – Focus on your health by eating well, being physically active, and getting enough rest.
- **Mind** – Cultivate the habits of balanced optimism and being grateful for what you have.
- **Moving Forward** – Apply what you have learned to your daily life.



“It is reassuring to know that I have the strength to deal with whatever lies ahead.”

- Jo, program user

## Tools and activities

The Resilience program contains many helpful tools and activities including:

- **Personal Stories** – You are not alone. Find out how other people face life's challenges and how this program has helped them.
- **Quizzes** – Test your knowledge about resilience. Learn the factors that influence it.
- **Mindfulness Exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Goal Setting** – Setting goals can increase your resilience, by making you feel more in control of your life.
- **Resilience Star** – Achieve balance in your life by mapping out what matters to you.
- **Balanced Optimism Tool** – Challenge yourself to find the most helpful ways of thinking about what you are facing.

For technical assistance, contact the My Military Health Help Desk:  
844-DIAL-MMH (844-342-5664) [dhasupport.mymilitary@health.mil](mailto:dhasupport.mymilitary@health.mil)

