

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 08 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.



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Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **800-865-1044**
- Go to **anthemEAP.com** and enter your company code **University of Louisville, UofL**

