



Digital Workbook

Building Personal Resilience, One Skill at a Time

Each section focuses on a different dimension of resilience, starting with understanding what it really means, then building awareness, flexibility, and connection.

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Why Build Resilience Skills?

Resilience isn't about pushing through stress or "staying strong." It's about having skills that help you adapt, recover, and stay grounded when life feels demanding.

Building resilience can support your well-being over time by helping you notice stress earlier, respond with more flexibility, and lean on support when it's helpful.



How to Use This Workbook

This workbook is designed to support Mental Health Awareness Month by helping you build personal resilience—one skill at a time.

Each section focuses on a different aspect of resilience, with short, optional activities you can engage with in a way that fits your schedule, energy level, and needs.

There's no "right" way to use this workbook. You can move through it in order, focus on just one week, or return to sections that feel most relevant.

What to Expect in Each Section

Each section includes a consistent set of sections to help guide your experience:

Sign Up (Circles by Modern Health™)

Circles are live, provider-led group sessions designed for learning and reflection. Most Circles are **45 minutes** and offer a supportive space to explore the section's theme.

Participation is always optional—you can choose to attend live or engage with the workbook on its own.

Watch

A short video featuring a clinical expert introduces the theme of the section and offers helpful context you can apply right away.

Do (Map, Pause, Practice, or Choose)

These activities are designed to be simple, practical, and low-pressure. They're meant to help you try out a skill, not master it.

Learn in Modern Health

Each section includes a short program you can explore at your own pace. These programs are typically **3–5 minutes** and offer an opportunity to deepen your understanding or practice a skill in a guided way.

Review

Each section ends with a brief recap of key ideas to help reinforce what you explored.

How Much Time Should This Take?

Most activities can be completed in **2–10 minutes**. Circles are typically **45 minutes**, and you're encouraged to:

- Choose what fits your schedule
- Skip sections that don't resonate
- Return later if something feels useful

You don't need to do everything. Even engaging with **one section per week** can be meaningful.

A Few Things to Keep in Mind

- This workbook is not a test or a checklist. It's a resource.
- You don't need to "fix" anything about yourself.
- Resilience looks different for everyone—and it can change over time.
- Support is available if you need it, and you're encouraged to use the resources provided through your benefits.

Use What Works for You

Think of this workbook as a companion—not an assignment.

Whether you read, watch, reflect, attend a Circle, or simply pause for a moment, each step is an opportunity to build awareness, flexibility, and care in a way that fits your life.

You're invited to engage at your own pace, in your own way.



SECTION 1

Understanding & Building Personal Resilience

What resilience actually looks like in everyday life

Shift resilience from an abstract idea to something personal and realistic.

SIGN UP

Circles by Modern Health™

Circles are live, provider-led group sessions (typically 45 minutes) focused on learning, reflection, and shared experience. Sessions are free and attendance is optional.

Emotional Resilience: A Beginner's Guide

Listen & Learn

Monday, May 4, 2026

10:00 a.m. PT | 1:00 p.m. ET

Friday, May 8, 2026

10:00 a.m. PT | 1:00 p.m. ET

[Sign up](#)

WATCH

What Resilience Actually Is (And Isn't)

In this short video, Dr. Mary Odafe, Clinical Psychologist, explains what resilience actually is—and why it's less about pushing through stress and more about recovery, flexibility, and support.

As you watch, listen for:

- Why resilience is a skill you can build over time
- How small moments of care and adjustment contribute to resilience in real life



[Watch now](#)

MAP

Your Personal Resilience Toolkit

This activity helps you notice what already supports you during challenging moments.

On a blank page or in a notes app, create three columns:

- Stressful moments
- What helped
- What I'd like to try again

Fill in at least two examples from your own experience.

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What Is Resilience?

~4 minutes

If you'd like to explore this idea further, this short program introduces resilience and how it can be applied to challenging situations.

Log in

REVIEW

Key Takeaways on Personal Resilience

A few ideas to carry forward from this section:

- Resilience isn't about pushing through or staying strong at all costs—it's about adapting to life's challenges through flexibility and adjustment.
- It's a skill that can be built over time, not a fixed trait.
- Recovery, flexibility, and support are core parts of resilience.
- Small moments of rest, adjustment, or asking for help all build up resilience.
- Resilience looks different for everyone—and that's okay.

SECTION 2

Regulating Stress & Emotions

Noticing stress earlier so it doesn't build up

Build awareness before escalation.

SIGN UP

Circles by Modern Health™

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Coping with Stress & Anxiety
During Uncertainty

Listen & Learn

Wednesday, May 13, 2026

9 a.m. PT | 12 p.m. ET

Thursday, May 14, 2026

7:00 p.m. PT | 10:00 p.m. ET

[Sign up](#)

WATCH

How Stress and Resilience Work in the Body

In this short video, Dr. Mary Odafe, Clinical Psychologist, explores how stress shows up in the body and why noticing it earlier can help prevent overwhelm before it escalates.

As you watch, listen for:

- Common physical and emotional signs of stress
- How small regulation practices can support recovery in the moment



[Watch now](#)

PAUSE

A 2-Minute Body Check-In

This brief pause is an opportunity to tune in—without trying to change anything.

- Sit comfortably with both feet on the floor.
- Take three slow breaths.
- Starting at your head and moving downward, silently notice areas of tension or ease.
- End by asking yourself: *What does my body need right now?*

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How to Build Emotional Resilience

~4 minutes

This short program introduces techniques for recognizing, managing, and moving forward with emotions.

[Log in](#)

REVIEW

Key Takeaways on Stress Regulation

As you move into the next section, keep these ideas in mind:

- Stress is a normal response, not a personal failure.
- The body often signals stress before the mind does.
- Awareness creates more options for responding with care.
- Small regulation practices can support recovery in the moment.
- Prevention starts with noticing, not fixing.

SECTION 3

Thinking Patterns & Cognitive Resilience

Creating flexibility in how you respond to stress

Learn how to separate thoughts from facts.

SIGN UP

Circles by Modern Health™

Circles are live, provider-led group sessions (typically 45 minutes) focused on learning, reflection, and shared experience. Sessions are free and attendance is optional.

Facing Challenges: A Beginner's Guide

Listen & Learn

Monday, May 18, 2026

3 p.m. PT | 6 p.m. ET

Wednesday, May 20, 2026

6 a.m. PT | 9 a.m. ET

[Sign up](#)

WATCH

Building Flexibility in How We Think

In this short video, Dr. Mary Odafe, Clinical Psychologist, introduces cognitive resilience and explains how flexible thinking can support coping during stressful situations.

As you watch, listen for:

- Why stressed thinking often feels rigid or automatic
- How questioning a thought can create space for different responses



[Watch now](#)

PRACTICE

Creating Space Between Thoughts and Reactions

This practice is about generating options—not changing your thoughts.

- Write down one stressful thought you’ve noticed recently.
- Under it, list two alternative explanations that could also be true.
- You may not believe these alternatives immediately, and you don’t need to—the goal is to practice flexible ways of thinking.

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Flexible Thinking for Resilience

~3 minutes

This short program explores how flexible thinking supports resilience and helps interrupt worry spirals.

[Log in](#)

REVIEW

Key Takeaways on Cognitive Resilience

Here are a few ideas to keep in mind:

- Stress can make thinking more rigid and automatic.
- Thoughts aren’t always facts—even when they feel convincing.
- Noticing a thought creates space between feeling and response.
- Asking alternative questions can reduce overwhelm.
- Flexible thinking supports resilience during challenges.

SECTION 4

Social Resilience & Connection

Finding support that feels right for you

Normalize connection without forcing vulnerability.

SIGN UP

Circles by Modern Health™

Circles are live, provider-led group sessions (typically 45 minutes) focused on learning, reflection, and shared experience. Sessions are free and attendance is optional.

Meeting Mental Health Needs Within Relationships

Listen & Learn

Tuesday, May 26, 2026

6 a.m. ET

Thursday, May 28, 2026

5 p.m. ET

[Sign up](#)

WATCH

Strengthening Resilience Through Connection

In this short video, Dr. Mary Odafe, Clinical Psychologist, focuses on social resilience and the role connection plays in buffering stress—without requiring vulnerability or oversharing.

As you watch, listen for:

- How connection supports resilience in everyday ways
- Why support can be helpful even in small, low-pressure forms



[Watch now](#)

CHOOSE

One Low-Pressure Way to Connect

Connection doesn't have to be big or deeply emotional to be meaningful.

Choose one option to try this week:

- Send a brief check-in message to someone you trust
- Join a shared activity without feeling obligated to explain what you're going through
- Accept support instead of declining it—needing support simply makes you human.
- Notice moments when connection naturally shows up in your day, and lean into it.

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Social Connection for Resilience

~4 minutes

This short program explores how building social connection can strengthen resilience.

[Log in](#)

REVIEW

Key Takeaways on Social Resilience

As you wrap up this section, remember:

- Resilience doesn't happen in isolation.
- Connection can buffer stress and loneliness.
- Support doesn't have to be deep or formal to matter.
- Asking for support is a strength, not a weakness.
- Small, low-pressure connections can make a real difference.



CONTINUE LEARNING

Build Resilience Through Deeper Self-Understanding

If you'd like to go deeper, this self-paced course offers additional tools and reflection to support resilience over time.

In this course, you'll explore:

- Tools for practicing self-compassion in times of need
- Ways to approach failure and disappointment
- Techniques for growing resilience through self-awareness

Building Resilience
Through Knowing Ourselves
45 minutes

[Log in](#)

*This content is educational and not a substitute for professional care.
If you need clinical support, please use the care options available through your benefits.*