



# Resilience: Protecting Your Mental Health in Stressful Times

Rough patches and stressful situations are a part of life. In this session, we'll help you discover how strong you are and healthy coping mechanisms.

## Resilience: Protecting Your Mental Health in Stressful Times

Tuesday, May 14

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

