

Developing resilience and grit

You can improve your ability to bounce back when confronted with a crisis or an unexpected change.

1. Remember that any big challenge can become a positive learning experience.
2. If there's a crisis, try to calmly devise practical solutions.
3. Tap your close family, friends and peers for support.



Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831

Log on to [MagellanAscend.com](https://www.MagellanAscend.com) today!