



"The Mindful Minute" was developed to improve our individual mental health and well-being and to support those around us who may be suffering from a mental health crisis. The focus is to provide educational awareness, resources relevant to mental wellness, and information on when and how to seek support if needed. It is the hope that "The Mindful Minute" will continue to promote mental wellness to all.

**What is Mental Health?**  
Mental health comprises of our psychological, social, and emotional well-being. Additionally, it affects how we feel, think, and act. The choices we make, how we handle stress, and how we relate to others are responsive to our mental health.

**Resilience Building**

Overtime, the challenges that we face can have an impact on our emotional, physical, and psychology well-being. Through those challenges, we can thrive and overcome. Resilience is the ability to successfully adapt to difficult or even challenging experiences. Being resilient does not mean we will never face adversity or challenges in life. Developing resilience allows us to successfully adapt to stressors and setbacks by finding positive ways to push forward. [Click here](#) to learn more about resilience.

**Types of Resilience**

Many times, we view resilience as a single word to describe our ability to adapt and cope. There are four types of resilience that we develop and each of these different types of resilience can influence our ability to cope with various challenges.

*Psychological Resilience: The ability to adapt to change and uncertainty through problem solving, maintaining a positive mindset, and being flexible when navigating challenges.*

*Emotional Resilience: The ability to regulate emotions and being aware of our emotional responses.*

*Physical Resilience: The body's ability to adapt and recover from illnesses, physical challenges, or injuries.*

*Social Resilience: The ability for a group of people to collectively adapt and bounce back from adversity such as natural disasters or social barriers.*

[Click here to learn more about mental health and wellness.](#)

**Ways You Can Build Resilience**

Even though resilience may not come naturally to some, resilience can be learned through implementing various strategies. Additionally, consider the [Duke University Adult Resilience Survey \(DARES\)](#) to help take a closer look into your resilience.



**5 Ways to Build Resilience Video**

- How am I feeling at the moment?
- What self-care action can I implement today?
- What does my body currently need?
- What am I currently grateful for?
- What am I doing to prioritize my mental health?
- Am I meeting my body's basic functional needs?

[Click here to learn more about mindfulness.](#)



**Resources**

The mental health resources below provide educational resources, along with no cost mental health services. Please consider these resources in addition to **EAP (Employee Assistance Program)** and the **Behavioral Health** offered through your **Blue Connect** total health.

- [NAMI Charlotte](#)
- [Mental Health of the Central Carolinas](#)
- [Mental Health Hotline](#)
- [Hopewell](#)

If additional support and resources are needed, contact EAP at 1-800-633-3353  
With questions, contact [brittany@ac4ed.org](mailto:brittany@ac4ed.org)

