

RESILIENCE

We can tip the scales towards good health and wellness.

Resilience is made possible by healthy brain architecture, which develops gradually as genes and life experiences interact. A resilient person has the ability to stay healthy even in extremely stressful circumstances. Together we can build the foundations of resilience in children or adults by ensuring that positive supports outweigh negative experiences. Visit us online to learn about the brain's role in resilience—and how you can tip the scales in favour of better lifelong health.

AlbertaFamilyWellness.org/Resilience

