



# Building your resilience.

Our building your resilience option gives you the skills to manage, respond to and cope with everyday stresses.

# What to expect from your assessment.

During the assessment we will use technology to assess changes in your heart rate; which we know is a key indicator of how the body deals with stress.

Once the test is complete your health and wellbeing physiologist will guide you through a workbook specifically designed to build awareness of your own resilience and advise you on simple exercises to improve it.

The skills you learn during this session will give you the tools to help identify stress, manage stressful situations and ultimately how to be your personal best.

All of our assessments now include the option of up to two 10 minute follow up calls with a health and wellbeing physiologist. These are used to support agreed behaviour change plans or any issues found during the assessment\*.

**[www.nuffieldhealth.com/changingyourhealth](http://www.nuffieldhealth.com/changingyourhealth)**

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