

The logo consists of a green speech bubble shape containing the text "Hawai'i Health @ Work Alliance" in white. Below the bubble, the text "A UHA Company" is written in a smaller, italicized font.

Hawai'i
Health
@ Work
Alliance

A UHA Company

Be More Resilient

Resilience refers to the ability to bounce back quickly when difficulties occur. To become resilient, you have to get knocked down in order to learn how to pick yourself back up. Over time, you'll start to get stronger and bounce back quicker when life knocks you down. Use these tips to be more resilient in your life!

A green arrow pointing to the right, containing the text "Stop negative self talk".

Stop
negative
self talk

A green arrow pointing to the right, containing the text "Overcome your fear".

Overcome
your fear

A green arrow pointing to the right, containing the text "Find the benefit in every difficulty".

Find the
benefit in
every
difficulty