



BlueCross BlueShield  
of New Mexico



New Mexico  
Public Schools  
Insurance  
Authority



NMPSIA



# RESILIENCE: RISING STRONG

**Date:** Monday, May 18

**Time:** 8:30 a.m.

**Register Here:**

\* Only 15 Minutes



**We will learn about:**

- What is resilience
- How does resilience differ from stress management
- What does resilience allow us to do
- Steps you can take to build resilience

**Date:** Monday, May 18

**Time:** 3:45 p.m.

**Register Here:**

\* Only 15 Minutes

