

resilience

is a **mindset** that

can be taught

changes over time

is in our control

Learning How to be Resilient

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Being resilient means being able to cope with life's setbacks, mentally and emotionally. Resilient people seem to bounce back after a crisis. They protect and promote their mental health and learn how to manage stressors. Some would say it is the "fine art of being able to bungee jump through life".

Why is this important? Practicing being resilient is an important resource for living a mentally and emotionally healthy life. It reduces stress responses to life events that, over time, can have detrimental effects on physical health and helps you to support those around you when they experience difficult life events.

To learn more about the resiliency model and helpful strategies to become more resilient, download our newest tip sheet.

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Working to Support your Employees



The commitment to creating innovative solutions to aid organizations in supporting the mental health and wellness of their employees has been a longstanding pillar for Iris.

Created in partnership with [Workplace Strategies for Mental Health](#), the [Supportive Conversation Library](#) houses questions and strategies to help promote open dialogue around difficult topics such as mental health, stress, addiction, anger, abuse or lying.

[Visit the Supportive Conversation Library](#)

Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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