

# Wellness & Resiliency - Recorded Training



## Wellness and Resiliency

What is wellness and what can I do to improve my health and wellness. This will help you understand the following:

- What is Wellness?
- Circadian Rhythm
- Healthy Habits
- Breath-work Benefits & Techniques
- Learn how to slow down

<https://www.brainshark.com/uhc/Wellness>



*For more information or to make a confidential appointment with an EAP counselor, call Behavioral Healthcare Options at **800 873-2246***



**BEHAVIORAL HEALTHCARE  
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