

# Northwest Permanente Wellness Passport Guidelines

April – May 2015

## Mindful Well-Being: Practicing Resilience Training

### Practice Resilience Training & Gain 30 Resilience Points:

Resilience training is a tool backed by science to help build personal resilience: the ability to stay strong, motivated and optimistic even in the face of difficulty challenges. Resilience has a powerful effect on health -- by boosting physical and emotional well-being. Resilience also helps you achieve your life goals -- by strengthening your social support and increasing your stamina, willpower and focus.

[Click here for the Resilience Training Instructions](#)

Practicing an activity in each resilience category will earn you 1 Resilience Point. After you have gained 30 Resilience points, please click on the button below to self-report your resilience training and to earn credit for the “Mindful Well-Being” category of the passport:

[Click here for the Online Self-Report Resilience Training Form](#)

Please submit all documentation to NWP Health & Wellness, KPB 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)