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|  Safety Healthy Wellness.jpg | **Wellness Wednesday****February 10, 2021** |
| Mental.jpg | [**Multi-level Resilience**](https://nwijournal.com/multi-level-resilience-an-idea-whose-time-has-come/)What is Resilience? Personal Resilience is not only the ability to bounce back from a challenging situation or stressor, but also to learn and grow from your experience. Being a part of a supportive team with common goals contributes to the overall resilience of all engaged members. “Our connection to a compassionate community of others who believe in humanity’s unity is our best bet for sustainable and personal resilience.”  |
| Physical.jpg | **Physical Wellness**Looking for ways to stay active and engage in heart healthy exercise during the winter months? Check out these free resources to help with your physical wellness goals. [5 Heart Healthy Habits](https://www.scripps.org/news_items/5146-5-heart-healthy-habits)This quick read includes 5 healthy heart tips to keep your heart strong.  [ParticipAction](https://www.participaction.com/en-ca)As Canada’s premier physical activity brand, ParticipACTION helps Canadians sit less and move more through innovative engagement initiatives and thought leadership. The app (available on both Android and IOS) version is a terrific way to track your physical activity and challenge friends to get active as well. The app is **free** and easily connects to many popular fitness tracking devices. [Colt Campus Recreation Instagram](https://www.instagram.com/coltscampusrec/)Follow Colts Campus Recreation on Instagram for live weekly fitness classes. |