



**Dear [Resident/Team Member],**

What did Hans Selye, a researcher who first verified that stress is experienced within our body, mean by the following statement?

*"It's not stress that kills us, it is our reaction to it."*

Dr. Selye recognized that stress is simply a part of everyday life for each of us, but that we all respond to or experience it differently from one another. *Breathe: A Stress Resilience Program by Masterpiece Living* explores how these reactions or responses impact our overall health.

I'd like to invite you to sign up for *Breathe: A Stress Resilience Program by Masterpiece Living*. Come explore how stress really works in our bodies and how we can be more resilient to the all-too-common painful consequences that often accompany major life stressors.

Join us in taking time to reflect on what we experience when we are stressed and what our typical response is. Learn from one another and discover meaningful ways to manage with life's ups and downs.

Take care of your health by becoming more resilient to stress. Sign up today to begin your journey toward stress resilience and successful aging!

Thank you,  
[Facilitator]

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