# Resilience Invitation Letter

Dear [Resident/Team Member],

True or False: our level of resilience is pre-embedded within our genetic makeup?

Barbara Resnick, PhD and professor at the University of Maryland, School of Nursing has conducted extensive research that teaches us that genetics are only one part of resilience! We can make lifestyle choices that make a difference in building resilience. In her research, she notes that resilient adults have positive self-esteem, self-efficacy and determination, a strong sense of purpose, the ability to quickly adapt to changes, are socially and spiritually connected, creative, maintain a positive attitude, and are resourceful.

I would like to invite you sign up for**Longevity in Action**, a program powered by Masterpiece that explores concepts that were introduced in Dr. Roger Landry’s dynamic book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. **Longevity in Action** is about building resilience. It is what allows us to bounce back after physically, mentally, and emotionally stressful situations and is developed by a lifestyle that builds up physical, mental, social, and spiritual strength. Learn how we can apply them to our own lifestyle practices to promote longevity and “whole person” strength.

Learn from your peers through group discussions and interactive events while taking time to personally reflect on your own experience. Sign up today to increase your ability to bounce back after life’s curve balls!

Thank you,

[Facilitator]