Fostering resiliency builds mental health

WHO defines mental health as "a state of well being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of community."

Strategies to increase mental health are embedded in The Resiliency Wheel and *The Resiliency Workbook* and are all based on decades of research on how people of all ages, cultures, and ethnic groups (and facing every adversity) "bounce back."

