



Building your resiliency skills can help you better manage life's competing demands.



Kick Off Presentation

Dow Health Services

Presentation Dates/Times:

- **Tues, Feb 7, 5 pm EST**
- **Wed, Feb 15, 10 am EST**

Note: Be mindful of conversion into your local time zone

Phone-In Information:

- **Toll-free Number: 1-866-692-4541**
- **Participant Passcode: 3243918#**

iDoMatter
@ Work & Home



What is iDoMatter?

Travel with us on a guided journey

Global 4-month program Feb. 20 to June 15

Four months = Four personal challenges

Bi-monthly e-mails help you stay on the path

Explore and build skills in **four key resiliency areas**



Which Resiliency Skills?

Self-Care

Demands

Perspective

Control





Which Resiliency Skills?

Self-Care

Taking care of yourself – physically, emotionally, mentally

Demands

Effectively managing life's demands

Perspective

A positive reaction to a stressful event

Control

Taking control, or letting go of what you cannot control





What Can I Expect?



*I'm busy and I don't
want to be
overwhelmed!*



What Can I Expect?

- Low pressure, self-directed activities
- Twice-a-month e-mails offer support and encouragement, a monthly challenge and more
- Easy-to-use personal worksheet for self-reflection as you build your resilience
- Short survey at the end of the program

This looks pretty easy!



Tell Me More!

iDoMatter

@ Work & Home

February 20
to June 15

Building our
resiliency skills
can help us
better manage
life demands!



Register On-Line Today!

Last day to register - Wednesday, March 14





How Do I Register?

Let's both sign up!

iDoMatter @ Work & Home

To register and for more info:

Visit www.DowFamilyHealth.com and click on "iDoMatter @ Work & Home"

Or click here to register directly:
[iDoMatter Registration](#)

I can't wait to get started.



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And a Few More Details

Open to ...

Employees, retirees,
spouses/partners, and
dependents

Free of charge

Participation results
are confidential

