

recharge



reset • rethink • reconnect

recharge is an innovative text-messaging based program designed to provide just-in-time feedback to increase participants' resilience in the face of adversity.

recharge uses two-way text messaging to deliver the REM (Resilience Evaluation Measure), ProChange's brief, validated, assessment of resilience. The program provides immediate and ongoing tailored feedback on their current level of resilience and on how they can improve.

Unlike other solutions, **recharge** captures participants' improvement over time and continually updates and tailors end-user feedback.

Tailored texts enhance key drivers of resilience:

reset

their life's meaning & purpose

That's what recharge is all about. It will help you build the skills you need to thrive no matter what life throws your way.

rethink

their mindset

How often do you handle challenges in stride? Text 1 for never, 2 for rarely, 3 for sometimes, 4 for often, or 5 for always

reconnect

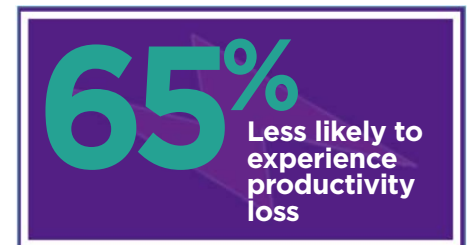
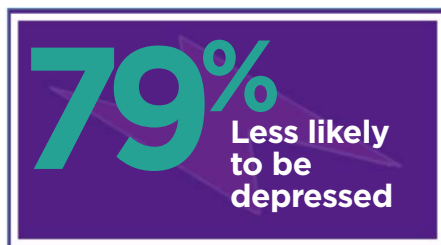
through strong social connections

As we face life's changes & challenges, it can be hard to keep up relationships. Having strong connections improves your joy, health & well-being.

Resilience

1. *an ability to recover from or adjust easily to misfortune or change* - **MERRIAM-WEBSTER**
2. *the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress* - **APA**

People with higher resilience are...



prochange
Behavior Solutions