

RESOURCES

BOOKS

- Graham, L. (2013). *Bouncing back: Rewiring your brain for maximum resilience and well-being*. New World Library.
- Graham, L. (2018). *Resilience: Powerful practices for bouncing back from disappointment, difficulty, and even disaster*. New World Library.
- Hanson, R., & Hanson, F. (2018). *Resilient: How to grow an unshakable core of calm, strength, and happiness*. Harmony.
- McGonigal, K. (2016). *The upside of stress: Why stress is good for you, and how to get good at it*. Avery.
- Schiraldi, G. R. (2017). *The resilience workbook: Essential skills to recover from stress, trauma, and anxiety*. New Harbinger Publications.
- Southwick, S. M., & Charney, D. S. (2018). *Resilience: The science of mastering life's greatest challenge* (2nd ed.). Cambridge University Press.
- Turk, D. C., & Winter, F. (2020). *The pain survival guide: How to become resilient and reclaim your life*. APA LifeTools.
- Verde, S. (2021). *I am courage: A book of resilience*. Harry N. Abrams.

ONLINE ARTICLES

- American Psychological Association. (2023). *Resilience*. <https://www.apa.org/topics/resilience>
- Ey, S. (n.d.). *Resilience building plan*. OHSU. <https://www.ohsu.edu/sites/default/files/2018-11/Resilience-Building-Plan-handout.pdf>
- Siebert, A. (2015). *Resilience inventory*. The Resiliency Centre. https://assets.website-files.com/5ca61fe3783a9b5faac4c7b3/5cfa4f6a07664d0e27fedbb2_Resilience%20Inventory%20v03.pdf
- Weil, A. (2022, February). *Three breathing exercises and techniques*. <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises>

PODCAST EPISODE

- Gazelka, H. (Host). (2020, October 22). Resiliency during COVID-19 pandemic flu season [Audio podcast episode]. *Mayo Clinic Q&A Podcast*. <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-resiliency-during-covid-19-pandemic-flu-season>

VIDEO

- Fablefy. (2017, April 11). *3 minutes body scan meditation: Mindfulness for kids and adults* [Video]. YouTube. https://www.youtube.com/watch?v=ihwcv_ofuME

MOBILE APPS

- Presently: A Gratitude Journal (Google Play Store Only)
- Delightful: Gratitude Journal and 3 Good Things
- Gratitude Journal, Affirmation

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