



## **Resilience Facilitator Resources**

### **How we think about Resilience and Stress**

**Ledger wood - How we get stuck in the negatives - and how to get unstuck**

[https://www.ted.com/talks/alison\\_ledgerwood\\_a\\_simple\\_trick\\_to\\_improve\\_positive\\_thinking?language=en](https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en)

### **How we think about Vulnerability**

**Brene Brown - The Power of Vulnerability**

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)

### **How to 'Thrive, and not just Surviving'**

**ALiEM Think Tank - Thriving, not just Surviving Session**

<https://www.aliem.com/2017/thriving-not-surviving-residency-jgme-aliem-journal-club/>

### **Resilience Programmes Development Strategies**

**Bounceback Project - 5 Pillars of resilience ; Self Awareness, Self Care, Purpose, Positive Relationships, Mindfulness**

<https://www.bouncebackproject.org/resilience/#:~:text=Resilience%20is%20made%20up%20of,in%20turn%2C%20become%20more%20resilient.>

**AMA - Steps Forward Programme. Physician Wellness : Preventing resident and Fellow burnout.**

<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

***An Online Australian Course on Resilience to consider***

<https://www.futurelearn.com/courses/professional-resilience>

***Papers***

Nedrow, A., Steckler, N. A., & Hardman, J. (2013). Physician resilience and burnout: Can you make the switch? *Family Practice Management, 20*(1), 25-30. [https://doi.org/10.1016/S1069-5648\(13\)60012-X](https://doi.org/10.1016/S1069-5648(13)60012-X)

Polachek, A. J., Wallace, J. E., Gautam, M., De Grood, J. A., & Lemaire, J. B. (2016). The look and feel of resilience: A qualitative study of physicians' perspectives. *Journal of Hospital Administration, 5*(2). <https://doi.org/10.5430/jha.v5n2p47>

Shanafelt, T. D., & Noseworthy, J. H. (2017). Executive Leadership and Physician Well-being: Nine Organizational Strategies to Promote Engagement and Reduce Burnout. *Mayo Clinic Proceedings*. <https://doi.org/10.1016/j.mayocp.2016.10.004>