



## **Resilience Learner Resources**

### **Consider a re-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 Z Dogg MD Session**

<https://www.aliem.com/2016/wellness-resiliency-residency-zdoggmd/>

### **Resilience 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.>

**10 commandments of Wellbeing (Completely non-religious FYI)**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4453302/>