
Your Resilience and Wellness Toolkit for Social Distancing and Beyond



Additional Resources

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National Hotlines and Resources

COVID-19 Information

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

FEMA Coronavirus Rumor Control

<https://www.fema.gov/Coronavirus-Rumor-Control>

World Health Organization

https://www.who.int/health-topics/coronavirus#tab=tab_1

[An online pandemic resiliency self-test: https://testyourself.psychtests.com/testid/4106](https://testyourself.psychtests.com/testid/4106)

States provide COVID-19 information, often through their Departments of Health.

Trauma Resilience Resources

Resources from the Substance Abuse and Mental Health Services Administration for children who have experienced adverse childhood experiences.

<https://www.samhsa.gov/capt/tools-learning-resources/trauma-resilience-resources>

Mindfulness

Information on effective techniques for mindful living.

<https://www.mindful.org/>

Restorative Practices

Training and certification on techniques to strengthen relationships between individuals as well as social connections within communities. For information on introductory trainings on restorative practices, contact michael@resilienceforsuccess.com

<https://www.iirp.edu/>

Resilience Research and Training

My website for resilience and mindfulness training

<https://resilienceforsuccess.com>

Resilience Research Centre, Halifax, Nova Scotia

<http://resilienceresearch.org/about-the-rrc/resilience>

Jurie G. Rousow, [Executive Resilience](#)

https://www.amazon.com/Executive-Resilience-Neuroscience-Business-Disruption-ebook/dp/B0793NVLP3?keywords=executive+resilience&qid=1540302697&sr=8-1&ref=sr_1_1

American Psychological Association

<https://www.apa.org/helpcenter/road-resilience.aspx>

The Positive Psychology Center

<https://ppc.sas.upenn.edu/resilience-programs/resilience-research>

Volunteering

VolunteerMatch

<https://www.volunteermatch.org/>



Media Bias and Fact Checking

Reverse Image Search

<https://tineye.com/> and <https://images.google.com/>

Nonpartisan, non-ideological fact checking:

<https://www.snopes.com/> and <https://www.factcheck.org/>

For bias in media websites

<https://mediabiasfactcheck.com/>

National Suicide Prevention Lifeline (1-800-273-8255)

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

<https://suicidepreventionlifeline.org/>

Veteran's Crisis Line (1-800-273-8255, then press 1)

Caring, qualified responders with the Department of Veterans Affairs, many of whom are Veterans themselves.

<https://www.veteranscrisisline.net/>

Mental Health Treatment Locator

<https://www.mentalhealth.gov/widgets-badges>

35 More Science-based Resilience and Well Being Exercises

Reframing	Journaling	Mindful listening
Strength inventory	Sensory games	Belief clarification
Forest bathing	Restorative practices	Appreciative inquiry
Other gratitude activities	Three good things a day	Five senses exercise
Guided imagery	Centering exercise	Mind mapping
Word clouds	Group re-direction	Acts of kindness (volunteering, mentoring)
Humor	Silver lining	Body scanning
Thought stopping (red light)	Progressive relaxation	Progressive stretching
Step back	Spiritual practices	Worst case scenario
Body scan meditation	Mindful seeing	Mindful listening
Self-compassion	Muscle testing	Self-massage
Story telling	Rhythmic practices (singing, dancing, yoga)	

Some of Michael's Favorite Readings and Other Resources

READINGS	AUTHOR	DESCRIPTION
Say Good Night to Insomnia: The Six-week, Drug-free Program Developed at Harvard Medical School	Gregg D. Jacobs	Changing sleep thoughts, behaviors and managing stress; designed as a training for your smart mind over a series of weeks
We Fed and Island: The True Story of Rebuilding Puerto Rico, One Meal at a Time	Jose Andres	
The Origin of Others	Toni Morrison	Race, fear, borders, the mass movement of peoples, the desire for belonging
Chuang Tzu	Translated by James Legge	Anecdotes, allegories, parables, and fables, which are often humorous or irreverent in nature. Promotes careful wandering.
The Invention of Nature: Alexander von Humboldt's New World	Andrea Wulf	Story of the German naturalist whose ideas changed the way we see the natural world—and in the process created modern environmentalism.
Where the Crawdads Sing!	Delia Owens	A beautiful coming of age story set in North Caroline in the 1950s, that celebrates nature and conveys the beauty of the regional accent.
The Overstory: A Novel	Richard Powers	Nine stories with trees as characters in each, intertwined in creative and thoughtful ways.
Mindset: The New Psychology of Success	Carol Dweck	The simple power of mindsets, based on decades of research
Soulcraft: Crossing into the Mysteries of Nature and Psyche	Bill Plotkin	40 practices to uncover the mysteries of individual lives, to find the unique gift we were born to bring to our communities. Dreamwork, wilderness vision fasts, talking across the species boundaries, council, self-designed ceremony, nature-based shadow



READINGS	AUTHOR	DESCRIPTION
		work, and the arts of romance, being lost, and storytelling.
Complete Works	Kahlil Gibran	
The Etiquette of Illness; What To Say When You Can't Find The Words	Sue Halpern	
Every Song Ever: 20 Ways to Listen in an Age of Musical Plenty	Ben Ratliff	
The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are	Daniel Siegal	The how and why of interpersonal neurobiology
The Sierra Nevada	Ansel Adams	Dip into nature without leaving home; visionary figure in nature photography and wilderness preservation. He is seen as an environmental folk hero and a symbol of the American West.
FILM		DESCRIPTION
Smoke Signals		Friendship, reconciliation, and historical trauma portrayed with beauty and a sense of humor



Some of Michael's Favorite Photographers

- **William Eggleston** - Chromes
- **Sebastião Salgado** – Migrations
- **Eliot Porter** – In Wildness is the Preservation of the World
- **Elliott Erwitt** - Personal Best
- **Yousuf Karsh** - Stern Portfolio
- **Galen Rowell** - Mountain Light
- **Alex Webb** - Istanbul: City of a Hundred Names
- **Robert Frank** - The Americans
- **Dorothea Lang** - Photographs of a lifetime
- **Vivian Maier** - Finding Vivian Maier
- **Joel Meyerowitz** - Where I find myself
- **Ansel Adams** - Yosemite
- **Ansel Adams** - Examples: The Making of 40 Photographs
- **Annie Leibovitz** - Portraits 2005-2016

Of course, I also invite you to see my photographic work at www.placesofgrace.com

And for pure comic pleasure, the Comedy Wildlife Photography Awards at:

<https://www.comedywildlifephotography.com/>

Sounds of Nature

Cornell Lab of Ornithology's online library of natural sounds

<https://www.macaulaylibrary.org/>

National Parks sounds

<https://findyourpark.com/about/news/parktracks?>



Online Learning

Great Courses

<https://www.thegreatcourses.com/>

Open Culture: Free online courses from top universities

<http://www.openculture.com/freeonlinecourses>

Podcasts

- <https://www.npr.org/podcasts/510308/hidden-brain>
- <https://www.wnycstudios.org/podcasts/snapjudgment>
- <https://themoth.org/podcast>
- <https://podcasts.apple.com/au/podcast/wilosophy-with-wil-anderson/id951354264>
- <https://www.bbc.co.uk/programmes/p02pc9x6/episodes/downloads>

Free Music Streaming site

- <https://www.lifewire.com/top-places-to-listen-to-free-music-online-1356649>

“My barn having burned down, I can now see the moon.”

— Mizuta Masahide (17th century Japanese poet and samurai)

Webinar Outline

1. Definitions of resilience and mindfulness

- a. The modern definition of resilience: advancing despite adversity
- b. The neuroscience of resilience and mindfulness
 - i. The wise mind (prefrontal cortex)
 - ii. The impulsive mind (limbic system)
 - iii. Our goal today: to help you understand how you can build new connections between these two systems

2. The 6 domains of resilience

- a. The pandemic: stress, anxiety and fear
- b. Introduction to each domain

3. How do we build resilience?

- a. *Introduction to tools and how to use them*
 - i. Discover
 - ii. Develop
 - iii. Practice
 - iv. Replace unhealthy or risky tools with better ones
 - v. If one set of tools is not enough, practice and add others
- b. *Your toolbox for building resilience in each of these domains*
 - i. Vision:
 - 1. The COVID-19 impact
 - a. Loss of purpose
 - b. Disrupted goals
 - 2. Strategies
 - a. Reassess goals
 - b. Find new meaning
 - ii. Composure
 - 1. The COVID-19 Impact
 - a. Emotions: anger, stress, fear
 - b. Over activation of impulsive brain
 - 2. Strategies
 - a. Notice your stress
 - b. Reappraise
 - iii. Reasoning
 - 1. The COVID-19 impact
 - a. Information overload
 - b. Continuous contingency planning
 - 2. Strategies
 - a. Take your precautions then relax

- b. Limit pandemic updates
 - c. Up-skill
 - iv. Tenacity
 - 1. The COVID-19 impact
 - a. Difficulty staying motivated
 - b. Persist toward what end?
 - c. Disrupted routines
 - 2. Strategies
 - a. New routines
 - b. Maintain motivation
 - c. Improvise and adapt
 - v. Collaboration
 - 1. The COVID-19 impact
 - a. Isolation
 - b. Loneliness
 - 2. Strategies
 - a. Make time to connect
 - b. Make it meaningful
 - c. Practice patience
 - vi. Health
 - 1. The COVID-19 impact
 - a. Increased snacking
 - b. Decreased exercise
 - c. Less access to usual foods
 - d. Increased use of alcohol and drugs
 - 2. Strategies
 - a. Multiple ways to work out at home
 - b. TV yoga
 - c. Remove temptations

4. More Tools for your Toolbox

- a. *Self care*
 - i. Eating
 - ii. Sleeping
 - iii. Exercise
 - iv. Hydration
 - v. Hygiene
 - vi. Boundaries
 - vii. Managing social and news media exposure
- b. *Mindfulness practices*
 - i. Calm breathing
 - ii. Gratitude exercises
 - iii. The five senses
 - iv. Experiencing nature
 - v. Mindful walking
 - vi. Visualization

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- vii. Five Appreciations
 - viii. Creative use of free time
 - ix. Photography exercise
 - x. Music
 - c. *35 more resilience development tools*
 - d. *Measuring your resilience: The PR6*
 - e. *Online sources of help*
 - i. Telehealth
 - ii. Telemental health
 - iii. Online skill development
 - iv. Online resilience measurement: the PR6
 - v. Online resilience coaching: Hello Driven¹

¹ PR6 and Hello Driven require a per-user fee