

## Other Resources We'd Like to Share from Rekindling!

### **Provider Resilience App**

<https://apps.apple.com/us/app/provider-resilience/id559806962>

Through psychoeducation and self-assessments, Provider Resilience gives frontline providers tools to keep themselves productive and emotionally healthy. Provider Resilience was developed by psychologists at DHA Connected Health, which is the branch of the Defense Health Agency responsible for reviewing, evaluating, coordinating, and integrating the use and development of health technology supporting Military Health System (MHS) beneficiaries. Comprehensive and helpful!

Here is a review: <https://deploymentpsych.org/blog/staff-perspective-app-providers-helping-us-sustaining-self-care-and-resiliency>

### **Vibrant Staying in Balance Toolkit: Healthy solutions for managing workplace stress**

We're highlighting the value of #StayingInBalance and ways that we can reduce stress, care for ourselves, and support each other. When we're stressed out or feel as though there are too many things to do in our lives, many of us stop paying attention to the things that might make us feel better. We stop being engaged in our own lives and well-being. As you consider your own stress levels, it's worth taking a minute to see how well you're taking care yourself right now. It might help you decide how to take care of yourself going forward. The full "Staying In Balance: Healthy Solutions for Managing Workplace Stress" resource toolkit was developed and curated by Vibrant Emotional Health's Center for Advocacy, Policy, and Education.

[https://www.vibrant.org/wp-content/uploads/2018/10/Vibrant\\_Toolkit\\_Staying-in-Balance.pdf](https://www.vibrant.org/wp-content/uploads/2018/10/Vibrant_Toolkit_Staying-in-Balance.pdf)

### **BPL's Borrowed Podcast Episode on the Rekindling from Burnout Project**

Burnout from work is something a lot of us are thinking about right now. It's been on the minds of librarians, too. We talk to a group of library workers who got together to combat the stress of the profession, and support each other.

<https://www.bklynlibrary.org/podcasts/rekindling-burnout>

## **Dr. Dan Siegal's Hand Model of the Brain Explain**

Dr. Siegel is a Clinical Professor of Psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA.

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Also, read an excerpt from Daniel J. Siegel's *Mindsight: The New Science of Personal Transformation* 2010, New York, NY: Bantam Books

<https://www.psychalive.org/minding-the-brain-by-daniel-siegel-m-d-2/>

## **Gifting plants & tools to make gardening accessible to all**

Plants make us happier!

<https://greatist.com/grow/plants-mental-health#How-to-be-your-own-plant-parent>

Plants for the People BK:

<https://www.instagram.com/plantsforthepeoplebk/?hl=en>

<https://linktr.ee/plantsforthepeopleBK>

Other organizations that provide similarly around the country:

<https://thebotanicalbus.org/>

<https://www.sproutnolafarm.org/mutual-aid>

<http://hman.love/>

<https://www.instagram.com/plantsformutualaid/?hl=en>