

Burnout or Bounce Back? Building Resilience

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<https://infopeople.org/civcrm/event/info?reset=1&id=640>

FURTHER READINGS AND RESOURCES

Cultivating Resilience for Total Well-Being

Part One: “10 Traits of Emotionally Resilient People”

Brad Waters

<http://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people>

A quick guide to traits and habits that support emotional resilience.

Cultivating Resilience for Total Well-Being

Part Two: “25 Ways to Boost Resilience”

Karen Horneffer-Ginter

<https://www.psychologytoday.com/blog/design-your-path/201305/25-ways-boost-resilience>

Even more tips, tricks and tools, some for immediate use (this would make an excellent one-a-day guide) and some for longer term implementation.

“The Benefits of Cultivating Gratitude for Stress Relief - Gratitude: A Habit Worth Maintaining!”

Elizabeth Scott, M.S.

<http://stress.about.com/od/positiveattitude/a/gratitude.htm>

A very quick guide to cultivating gratitude and appreciating what's good in your life. The author maintains that that simple change in perspective can transform your whole experience of stress.

Recovering From Burnout: Finding Passion for Your Role Again

<https://www.mindtools.com/pages/article/recovering-from-burnout.htm>

What if you're past that point of prevention? What if your signs are showing? What steps can you take to pull yourself back from the brink, to recharge and reset? An excellent guide filled with simple, achievable steps.

The Power of Vulnerability by Brene Brown

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

From TedxHouston, social researcher Brene Brown addresses common feelings of “I'm not good enough”, which feed burnout. Brown speaks with great empathy & a sense of humor.

The Five Whys

<https://www.isixsigma.com/tools-templates/cause-effect/determine-root-cause-5-whys/>

An easy to use, effective tool for uncovering the root of a problem. Worth using in troubleshooting, problem solving to help identify where changes need to happen to insure better results next time.