

# Resilience: Getting Through Stressful Times Webinar

## Resource Sheet



### Videos:

From webinar:

- We're The Superhumans | Rio Paralympics 2016 Trailer  
<https://www.youtube.com/watch?v=locLkk3aYlk> (3:12 min)
- InBrief: The Science of Resilience <https://www.youtube.com/watch?v=1r8hj72bfGo> (2:29 min)
- Sneakers the Corgi Working from Home  
<https://www.tiktok.com/@sneakersthecorgi/video/6803839164761558278>




Extra video:

- TED Talk: Increase your self-awareness with one simple fix  
[https://www.ted.com/talks/tasha\\_eurich\\_increase\\_your\\_self\\_awareness\\_with\\_one\\_simple\\_fix?language=en](https://www.ted.com/talks/tasha_eurich_increase_your_self_awareness_with_one_simple_fix?language=en)

### Articles:

- The Mood Elevator - <https://www.linkedin.com/pulse/personal-benefits-learning-ride-your-own-mood-elevator-larry-senn/>
- What is Self-Efficacy Theory in Psychology? (includes a self-efficacy survey)  
<https://positivepsychology.com/self-efficacy/>
- A psychologist's science-based tips for emotional resilience during the coronavirus crisis  
[https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html)

### Impulse Control Strategy:

STOP	THINK	DECIDE	CHOOSE
			
Stop what you are doing.	Think about what you are going to say or do.	Decide if it will make the situation better or worse.	Choose the behavior that makes the situation better.