

RESOURCES FROM TODAY'S PRESENTATION

Books

Grit: The Power of Passion and Perseverance by Angela Duckworth, May 2016

Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life by Susan David, PhD, 2016

Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant, 2017

The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People by Gary Chapman and Paul White

The Optimistic Workplace – Creating an Environment that Energizes Everyone by Shawn Murphy

Four Agreements: A Practical Guide to Personal Freedom Book by Don Miguel Ruiz

Podcasts/You Tube videos

<https://www.youtube.com/watch?v=hoC2LPXaEW4> (Elizabeth Smart TedX Talk)

Website Articles

<https://www.psychologytoday.com/blog/pressure-proof/201410/seven-things-resilient-employees-do-differently>

<https://fitforwork.org/blog/building-workplace-resilience/>

www.barrywinbolt.com/resilience-at-work

www.shinehhs.ca (the Resilience Infographic)

<https://www.mindtools.com/pages/article/resilience.htm>

<http://grandrapidscenterformindfulness.com/blog/need-self-compassion/>

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

Resiliency Quizzes

<https://angeladuckworth.com/grit-scale/>

<http://www.resiliencyquiz.com/index.shtml>

Community Resources for Family Caregiving

Area Agency on Aging of Western Michigan

www.aaawm.org

www.caregiverresource.net

Alzheimer's Association Greater Michigan Chapter

www.alz.org

Rethinking Dementia Accelerating Change

www.dementiareourcesmi.org

Anne Ellermets, Director of Contract Services & Program Development, Area Agency on Aging of Western Michigan anne@aaawm.org

Lisa Misenhimer, Director, Rethinking Dementia, Accelerating Change,
Lisa.misenhimer@rethinkingdementiami.org

resilience

RESILIENCE is a person's capacity to respond to pressure and the demands of daily life - like health concerns, family stresses and heavy workloads - **in a positive way**.

Building resilience is a lifelong journey, but there are many easy things you can do to improve your social, mental and physical capacity.

social



MAKE CONNECTIONS: spend time with people you admire.

Hey, could I ask for a favour?

Of course :)

ASK FOR HELP: it's actually a sign of strength!

FIND SOCIAL ACTIVITIES YOU ENJOY: have fun while engaging with others.



mental

PRACTICE QUIET REFLECTION: these activities lower heart rate and blood pressure and reduce stress.



CULTIVATE YOUR STRENGTHS: use them to boost your confidence.

UNPLUG AT LEAST ONCE A WEEK.



physical



EXERCISE: It helps your body adapt to stress, and reduces anxiety and depression.



DRINK WATER: hydration increases energy and boosts the immune system.



GET OUTDOORS: Being in nature lowers stress and improves mood and energy.