RESOURCES FROM TODAY’S PRESENTATION

Books

*Grit: The Power of Passion and Perseverance* by Angela Duckworth, May 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](https://www.youtube.com/watch?v=hoC2LPXaEW4) (Elizabeth Smart TedX Talk)

Website Articles


[https://fitforwork.org/blog/building-workplace-resilience/](https://fitforwork.org/blog/building-workplace-resilience/)

[www.barrywinbolt.com/resilience-at-work](http://www.barrywinbolt.com/resilience-at-work)

[www.shinehhs.ca](http://www.shinehhs.ca) (the Resilience Infographic)

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


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.dementiaresourcesmi.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 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**

Hey, could I ask for a favour?

Make connections: spend time with people you admire.

Find social activities you enjoy: have fun while engaging with others.

Of course 🙃

Ask for help: it's actually a sign of strength!

**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.

Go for it!

**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.