



Recovery and Resilience

Take a look at the eLearning content available from the [Trust Development Hub](#) which gives access to the following videos/articles related to recovery and resilience.

To access these you must [register](#) with your Trust email and login



[What is resilience?](#) - video, 2 minutes

Resilience is often talked about as the ability to deal with challenges and overcome adversity, but that's just one side of it. This video considers the two sides of resilience and how they connect to one another.



[Resilience Explained](#) - animated video, 4 minutes

Resilience is key to helping us navigate the ups and downs, both at work and at home. But what does it really mean to be resilient? Why does it matter and how can you develop it? This animated video explains it all in just 4 minutes.



[Developing your resilience](#) – video, 5 minutes

Your natural resilience can be developed by taking more care of your body and mind. Here are some tips to improve your bounce-back-ability.



[Emotional intelligence & the link to resilience](#) - video, 8 minutes

Are you just surviving or even flipping into burnout? Learn how to identify your true energy levels and how EI can help you manage them.



[Mind-set](#) , micro-course – 3.5 minutes

This module explores the three different types of mindset and how you can select the one that will have a positive impact on your life.



[The Resilience EDGE model](#) , video – 6.5 minutes

The Resilience Edge model sets out the 9 core areas that you need to pay attention to in order to enhance your resilience.



[Relaxation](#) , micro-course - 3 minutes

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eBooks

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[Stress, Resilience, and Wellbeing](#) – Book chapter

This chapter focuses on the impact of stress on personal health and wellbeing and highlights interventions that can both mitigate the effects of stress and increase resilience. Interventions to reduce stress are equally applicable to patients as well as caregivers. Given the dramatic rise in stress and burnout within the health professions, this chapter explores more deeply factors that contribute to stress and burnout, as well as personal and organizational strategies to combat stress.



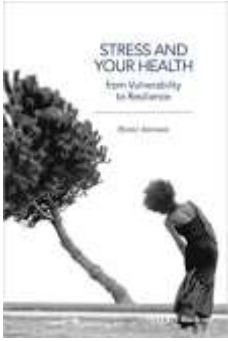
[Resilience and well-being](#) – Book chapter

Resilience and well-being are clearly interrelated. Resilience is derived from the capacity to draw on the support of others, face challenges with a positive mindset.



[Moral resilience: transforming moral suffering in healthcare](#)

A new paradigm for addressing the consequences of moral adversity, especially when it produces moral suffering, is an urgent priority for the healthcare system.



[Stress and your health: from vulnerability to resilience](#)

This eBook presents an evidence-based evaluation of the various effects of stress, along with methods to alleviate distress and stress-related illnesses.

More titles from Oxford University Press are [now available](#), you can access with your OpenAthens login.