

The Road to Resilience

References and Resources

Web Sites

Mayo Clinic: <http://www.mayoclinic.com>

(From the home page, go to “healthy lifestyle,” then “stress management.”)

Federal Occupational Health (FOH): <http://www.foh4you.com>

FOH provides occupational health and wellness services, including your Employee Assistance Program (EAP), to Federal employees.

Penn Resiliency Project: <http://www.ppc.sas.upenn.edu/prpsum.htm>

National Institute of Mental Health (NIMH): <http://www.nimh.nih.gov>

NIMH is one of the institutes at the National Institutes of Health.

The Resiliency Center: <http://www.resiliencycenter.com/index.shtml>

This site offers articles, stories, and resources on resilience.

Books

Flach, Frederick. Resilience: The Power to Bounce Back When the Going Gets Tough. New York: Hatherleigh Press, 1997.

Rath, Tom. StrengthsFinder 2.0. New York: Gallup Press, 2007.

Reivich, Karen, and Shatte, Andrew. The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles. New York: Broadway Books, 2003.

Seligman, Martin E.P. Flourish: A Visionary New Understanding of Happiness and Well-being. New York: Free Press, 2011.

Siebert, Al. The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back from Setbacks. San Francisco: Berrett-Koehler Publishers, 2005.

Article

Seligman, Martin E.P. “Building Resilience.” Harvard Business Review. April 2011.

<http://hbr.org/2011/04/building-resilience/ar/1>

More information is available at:

800.222.0364 / 888.262.7848 (TTY)

www.FOH4You.com



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Military and Defense Related Web Sites

Center for the Study of Traumatic Stress (CSTS): <http://www.centerforthestudyoftraumaticstress.org/>

CSTS is dedicated to advancing trauma-informed knowledge, leadership, and methodologies, with respect to trauma exposure from the consequences of combat, operations other than war, terrorism, natural and humanmade disasters, and public health threats.

Comprehensive Soldier Fitness (CSF): <http://csf.army.mil/index.html>

CSF uses individual assessments, tailored virtual training, classroom training, and embedded resilience experts to provide the critical skills our soldiers, family members and Army civilians need.

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE): <http://www.dcoe.health.mil/>

DCoE addresses prevention, resilience, identification, treatment, outreach, rehabilitation, and reintegration programs for psychological health and traumatic brain injury, to ensure the Department of Defense meets the needs of the nation's military communities, warriors, and families.

Resilience in Children

Embrace the Future: <http://www.embracethefuture.org.au/resiliency>

The Embrace the Future Resiliency Resource Centre is an Australian Web site that provides information about resiliency and how to foster it in children.

Raising Resilient Children Foundation: <http://www.raisingresilientkids.com>

The foundation disseminates information through the Resilience Project (<http://www.resilienceproject.org>) to assist adults to raise, support, and develop stress-hardy children.

Reaching IN...Reaching OUT (RiRo): http://www.reachinginreachingout.com/documents/Parent_Resources_from_RIRO_Guidebook-and-Toolkit.pdf

RIRO (<http://www.reachinginreachingout.com/>) is a Canadian evidence-based program for teaching resiliency thinking and coping skills to young children.

The Search Institute: <http://www.search-institute.org/developmental-assets>

The institute's mission is to provide leadership, knowledge, and resources to promote healthy children, youth, and communities, and the Developmental Assets are 40 commonsense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible adults.

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