



# RESILIENCE TOOLKIT

'Resilience is something you do, more than something you have. You become highly resilient by continuously learning your best way of being yourself in your circumstance.'

Al Siebert

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## THE ROAD TO RESILIENCE

This infographic explains what resilience is and how to develop an action plan for improving your own resilience levels.

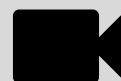
(5 mins)



## BUILD YOUR RESILIENCE

In this course, you will find out how to bounce back from difficult situations. It provides five training techniques to prepare for difficult situations, and five strategies for reflecting on them.

(34 mins)



## RESILIENCE IDEAS FOR MANAGERS

Dr John Nicholson talks about how managers and leaders can nurture their own resilience for the benefit of themselves and that of their teams.

(11 mins)



## HAVING A GROWTH MIND SET

Carol Dweck talks about a growth mindset, where we focus on the process of learning from the setback rather than the setback itself.

(10 mins)



## HEALTH & WELLBEING

This web page links to a range of Health and Wellbeing opportunities available across the University.



## RESILIENCE TOOLKIT

This resource bank of research, case studies and practical tools to help professionals in higher education develop student and staff resilience to stress, anxiety and similar barriers to achievement and success.



## BOOST YOUR RESILIENCE AT WORK

In this article Rich Fernandez talks about five tips to embed resilience into your mind set at work.

(5 mins)



## COPING WITH UNCERTAINTY

Things change fast, and dealing with uncertainty can be stressful. This short animation gives you six great tips for coping in 'interesting' times.

(4 mins)

