

Resilience and Adversity Resources

Developing resilience and overcoming adversity takes patience and a positive attitude. We hope that you will find these additional resources as inspirational and helpful as we do.

WEBSITES/BLOGS

We found these websites and/or blogs great resources to add to your resilience tool kit.

- https://www.mindtools.com/pages/main/newMN_TCS.htm
- <https://blog.iqmatrix.com/facing-adversity>
- <https://www.briantracy.com/blog/general/hard-times-overcoming-adversity/>
- <http://sourcesofinsight.com/happiness-blogs/>

ARTICLES

Once you start researching a topic like resilience or overcoming adversity you will find many wonderful articles and websites. Use your favorite search engine and enjoy the wealth of material available. If you can, join the e-mail listserv to receive updates from the authors or websites you find most useful.

- How People Learn to Become Resilient (Konnikova, 2016)
- <https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience#>
- The Importance of Resilience (Cherry, 2019)
- <https://www.verywellmind.com/what-is-resilience-2795059>
- Why Emotional Resilience is a Trait you can Develop (Scott, 2019)
- <https://www.verywellmind.com/emotional-resilience-is-a-trait-you-can-develop-3145235>
- Cope with Stress and Become More Resilient (Scott, 2017)
- <https://www.verywellmind.com/cope-with-stress-and-become-more-resilient-3144889>
- 10 Ways to Improve your Resilience (Cherry, 2019)
- <https://www.verywellmind.com/ways-to-become-more-resilient-2795063>
- 4 Ways to Boost your Resilience for Tough Times (Carpenter, 2018)
- <https://www.verywellmind.com/how-to-build-resilience-for-tough-times-1717568>
- The Resilience Ingredient List (Reivich 2008)
- <https://www.cnbc.com/id/25464528>
- <https://www.mindfulnessmuse.com/positive-psychology/hardiness-courage-to-thrive-in-the-face-of-adversity>
- https://greatergood.berkeley.edu/article/item/failure_winner
- <https://www.inc.com/larry-kim/19-short-inspirational-quotes-for-overcoming-adversity.html>
- <https://transitionandthrivewithmaria.com/resiliency-adversity-6-ways-become-more-resilient/>
- <https://positivepsychology.com/resilience-books/>

PODCASTS

- <https://radiant-culture.com/thriving-face-adversity/>
- <https://www.viacom.com/news/generations-how-millennials-are-thriving-in-the-face-of-adversity>
- <https://positivepsychology.com/happiness-ted-talks/#best-ted-talks>

BOOKS


- The 7 Things Resilient People Do Differently (Akash Karia)
- Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead (Brene Brown)
- How We Choose to Be Happy (Rick Foster)
- How to Be Happy When Life Treats You Crappy (Margaret Lashley)
- Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings (Thibaut Meurisse)
- The Lemonade Life: How to Fuel Success, Create Happiness, and Conquer Anything (Zack Friedman)

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