

Resilience Resources

RESILIENCE CENTERS

Resilience Research Center; Halifax, Nova Scotia (Includes links to peer reviewed research articles, scholarly books and book chapters, as well as media articles and research reports)

<http://resilienceresearch.org/>

Penn Resilience Training at the Positive Psychology Center at the University of Pennsylvania, <https://ppc.sas.upenn.edu/services/penn-resilience-training>

Center for Counseling and Personal Growth at Clark University,

<https://www2.clarku.edu/offices/counseling/mental-health-toolbox/happiness.cfm>

Center for Spirituality and Healing at the University of Minnesota,

<https://www.csh.umn.edu/education/credit-courses/csph-5201-spirituality-and-resilience>

Center for Trauma Studies and Resilience Leadership at Loyola University Maryland,

<http://www.loyola.edu/academic/pastoralcounseling/resilience-center>

Resilience Center for Veterans and Families at Teachers College Columbia University,

<http://www.tc.columbia.edu/resiliencecenter/>

Center for Family Resilience at Ohio State University, <https://cfr.okstate.edu/>

Center on the Developing Child at Harvard University (Key concept: Resilience),

<http://developingchild.harvard.edu/science/key-concepts/resilience/>

The Resilience Project at Stanford University,

<https://undergrad.stanford.edu/resilience/learn/about-resilience-project>

SCHOLARLY ARTICLES

Resilience in Children. (2006, December). *Annals of the New York Academy of Sciences*, vol. 1094. **(This entire volume (42 papers) is on resilience in children).**

Gilligan, R. (1999). Enhancing the resilience of children and young people in public care by mentoring their talents and interests. *Child and Family Social Work*, 4(3), 187-196.

Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56(3), 227-238.

Sapienza, J. K., & Masten, A. S. (2011). Understanding and promoting resilience in children and youth. *Current Opinion in Psychiatry*. 24(4), 267-273.

Tusaie, K., & Dyer, J. (2004). Resilience: A historical review of the construct. *Holistic Nursing Practice*, 18(1), 3-10.

Yeager, D. S., & Dweck, C. S. (2012). Mindsets that promote resilience: When students believe that personal characteristics can be developed. *Educational Psychologist*, 47(4), 302-314.

POPULAR BOOKS

Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child (2001) by Robert Brooks and Sam Goldstein.

Rising Strong (2015) by Brene Brown.

Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being (2013) by Linda Graham and Rick Hanson.

The Upside of Stress: Why Stress is Good for You and How to Get Good at It (2015) by Kelly McGonigal.

The Resilience Breakthrough: 27 Tools for Turning Adversity into Action (2014) by Christian Moore.

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles (2003) by Karen Reivich.

POPULAR ARTICLES

- “Resilience is about how you recharge, not how you endure” by Shawn Achor & Michelle Gielan in *Harvard Business Review*, June 24, 2016. <https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>
- “The Road to Resilience” American Psychological Association Help Center guide, <http://www.apa.org/helpcenter/road-resilience.aspx>
- “How resilience works” by Diane Coutu, in *Harvard Business Review*, May 2002, <https://hbr.org/2002/05/how-resilience-works>
- “How people learn to become resilient” by Maria Konnikova in *The New Yorker*, Feb 11, 2016, <http://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>
- “Why Resilience is good for your health and career” by Laura Landro in *Wall Street Journal*, February 15, 2016, <http://www.wsj.com/articles/why-resilience-is-good-for-your-health-and-career-1455560111>
- “Recovering Resilience: 7 Methods for Becoming Mentally Stronger” by Alice G. Walton in *Forbes*, March 2, 2105, <http://www.forbes.com/sites/alicegwalton/2015/03/02/growing-resilience-7-strategies-to-become-mentally-stronger/#6a869d05a5e4>
- “10 traits of emotionally resilient people” by Brad Waters in *Psychology Today*, May 21, 2013, <https://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people>

EXPERTS

Psychology Today has a “Meet the Experts” page with a list of scholars who are resilience experts, <https://www.psychologytoday.com/experts/topics/resilience>

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Utah Women & Leadership Project