“How High Do You Bounce?”
Building Resiliency in Yourself and the Workplace
References and Resources


More Resources:

The 6 P’s of a Positively Productive Day – Jones Loflin
https://static1.squarespace.com/static/588a5d641b10e3f790cbec60/t/589bd498579fb3fd7fe016b6/1486607514513/Six%2BP%2BOf%2BPositively%2BProductive%2BDay.pdf

Maintaining Your Motivation – Jones Loflin
https://static1.squarespace.com/static/588a5d641b10e3f790cbec60/t/589bd5ca5790a35876bd42a/1486607815877/Maintaining%2BYour%2BMotivation%2Bby%2BJJones%2BLoftin.pdf

www.jongordon.com

www.jonesloflin.com

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Family Files Blog:
go.illinois.edu/FamilyFiles
How High Do You Bounce? Building Resilience

Video Links

Piper – Video Short
Source: Disney Plus, Shorts

Characteristic: Creativity and Humor
The Ellen Show.
Source: YouTube, [https://www.youtube.com/watch?v=80hcQJuo6NE](https://www.youtube.com/watch?v=80hcQJuo6NE)

Characteristic: Positive and optimistic
Jessica’s Affirmations.
Source: YouTube, [https://www.youtube.com/watch?v=qR3rK0kZFkg](https://www.youtube.com/watch?v=qR3rK0kZFkg)

Characteristic: Mindfulness Meditation
The Tonight Show with Jimmy Fallon.
Source: YouTube, [https://www.youtube.com/watch?v=kP_EY7pdTJY](https://www.youtube.com/watch?v=kP_EY7pdTJY)

Characteristic: Good Communication
Parks and Recreation.
Source: YouTube, [https://www.youtube.com/watch?v=Hyc1aMtnHJo](https://www.youtube.com/watch?v=Hyc1aMtnHJo)

Resilience Inspiration:
Diamond Dallas Page.
Source: YouTube, [https://www.youtube.com/watch?v=qX9FSZJu448](https://www.youtube.com/watch?v=qX9FSZJu448)
Social Sphere

Acquaintances

Friends

Family