

“How High Do You Bounce?”

Building Resiliency in Yourself and the Workplace

References and Resources

(2014) Four Factors that Influence Resilience in the Workplace. Retrieved from [www.comcare.gov.au/promoting/Creating mentally healthy workplaces/building a resilient workforce/four factors that influence resilience in the workplace](http://www.comcare.gov.au/promoting/Creating_mentally_healthy_workplaces/building_a_resilient_workforce/four_factors_that_influence_resilience_in_the_workplace)

(2013) Building Resilience. Retrieved from www.apsc.gov.au/publications-and-media/current-publications/mental-health/building-resilience

(2012) How Resilience Matters in the Workplace and What Employers Can Do to Increase It. Smart Business. Retrieved from www.sbnonline.com/article/how-resilience-matters-in-the-workplace-and-what-employers-can-do-to-increase-it/

Blackwell, R. (2013). Why Resilience is a Crucial Workplace Skill. The Globe and Mail. Retrieved from <https://beta.theglobeandmail.com/report-on-business/careers/management/why-resilience-is-a-crucial-workplace-skill/article15936605/?ref=http://www.theglobeandmail.com&>

Burcham, C., Byers, C. & McCoy, J. (2012) Finding Strength in Trying Times. The Board of Trustees of the University of Illinois.

Burcham, C. & Allen, C. (2015) Being Mindful in a Busy World. The Board of Trustees of the University of Illinois.

Developing Resilience: Overcoming and Growing from Setbacks. MindTools. Retrieved from www.mindtools.com/pages/article/resilience/htm

Feldman, D.B. & Kravetz, L.D. (2014) Super Survival of the Fittest. Psychology Today. Retrieved from www.psychologytoday.com/articles/201407/super-survival-the-fittest

Fernandez, R. (2016) 5 Ways to Boost Your Resilience at Work. Harvard Business Review. Retrieved from <https://hbr.org/2016/06/627-building-resilience-ic-5-ways-to-build-your-personal-resilience-at-work>

Gerdeman, D. (2016) How to Respond to Workplace Adversity with Resilience. Forbes. Retrieved from www.forbes.com/sites/hbsworkingknowledge/2016/08/08/how-to-respond-to-workplace-adversity-with-resilience/#203f5be34b2d

Gordon, J. (2016) The Benefits of Positivity and Cost of Negativity. Jon Gordon's Weekly Newsletter. www.jongordon.com/positive-tip-positive-vs-negative.html

Gordon, J. (2007) The Energy Bus. New Jersey, John Wiley & Sons, Inc.

Jenkins, R. (2012) The New "Traditional Student". The Chronicle of Higher Education. Retrieved from www.chronicle.com/article/The-New-Traditional-on/135012/

Peters, L, Hyun, M., Taylor, S., et al. (2010) Advising Non-Traditional Students: Beyond Class Schedules and Degree Requirements. Academic Advising Today. 33 (3) 1, 14

Robertson, I., Cooper, C. L., Sarkar, M., et al. (2015) Resilience Training in the Workplace from 2003 to 2014: A Systematic Review. Journal of Occupational and Organizational Psychology 88 (3) 533-562

Rose, M. (2012) The Missing Element in Student Success. Inside Higher Ed. Retrieved from www.insidehighered.com/advice/2012/09/07/advice-using-classroom-teaching-enhance-student-success-essay

Sheedy, C. How to Build Resilience in the Workplace. Seek insights & resources. Retrieved from <https://insightsresources.seek.com.au/building-resilience-workplace>

Temlin, D. (2015) Resilience – New Research Helps Us Bounce Back Quicker, Better From Life's Trials and Tragedies. Forbes. Retrieved from www.forbes.com/sites/daviatemin/2015/08/31/resilience-new-research-helps-us-bounce-back-quicker-better-from-lifes-trials-and-tragedies/#6995d5e56945

More Resources:

The 6 P's of a Positively Productive Day – Jones Loflin

<https://static1.squarespace.com/static/588a5d641b10e3f790cbec60/t/589bd498579fb3fd7fe016b6/1486607514513/Six%2BPs%2BOf%2BA%2BPositively%2BProductive%2BDay.pdf>

Maintaining Your Motivation – Jones Loflin

<https://static1.squarespace.com/static/588a5d641b10e3f790cbec60/t/589bd5c4a5790a35876bd42a/1486607815877/Maintaining%2BYour%2BMotivation%2Bby%2BJones%2BLoflin.pdf>

www.jongordon.com

www.jonesloflin.com

Authored by:

Cheri Burcham

Extension Educator, Family Life

Family Files Blog:

go.illinois.edu/FamilyFiles



ILLINOIS

Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

*University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences
United States Department of Agriculture ■ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.*

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, www.youtube.com/watch?v=80hcQJuo6NE

Characteristic: Positive and optimistic

Jessica's Affirmations.

Source: YouTube, www.youtube.com/watch?v=qR3rK0kZFkg

Characteristic: Mindfulness Meditation

The Tonight Show with Jimmy Fallon.

Source: YouTube, www.youtube.com/watch?v=kP_EY7pdTJY

Characteristic: Good Communication

Parks and Recreation.

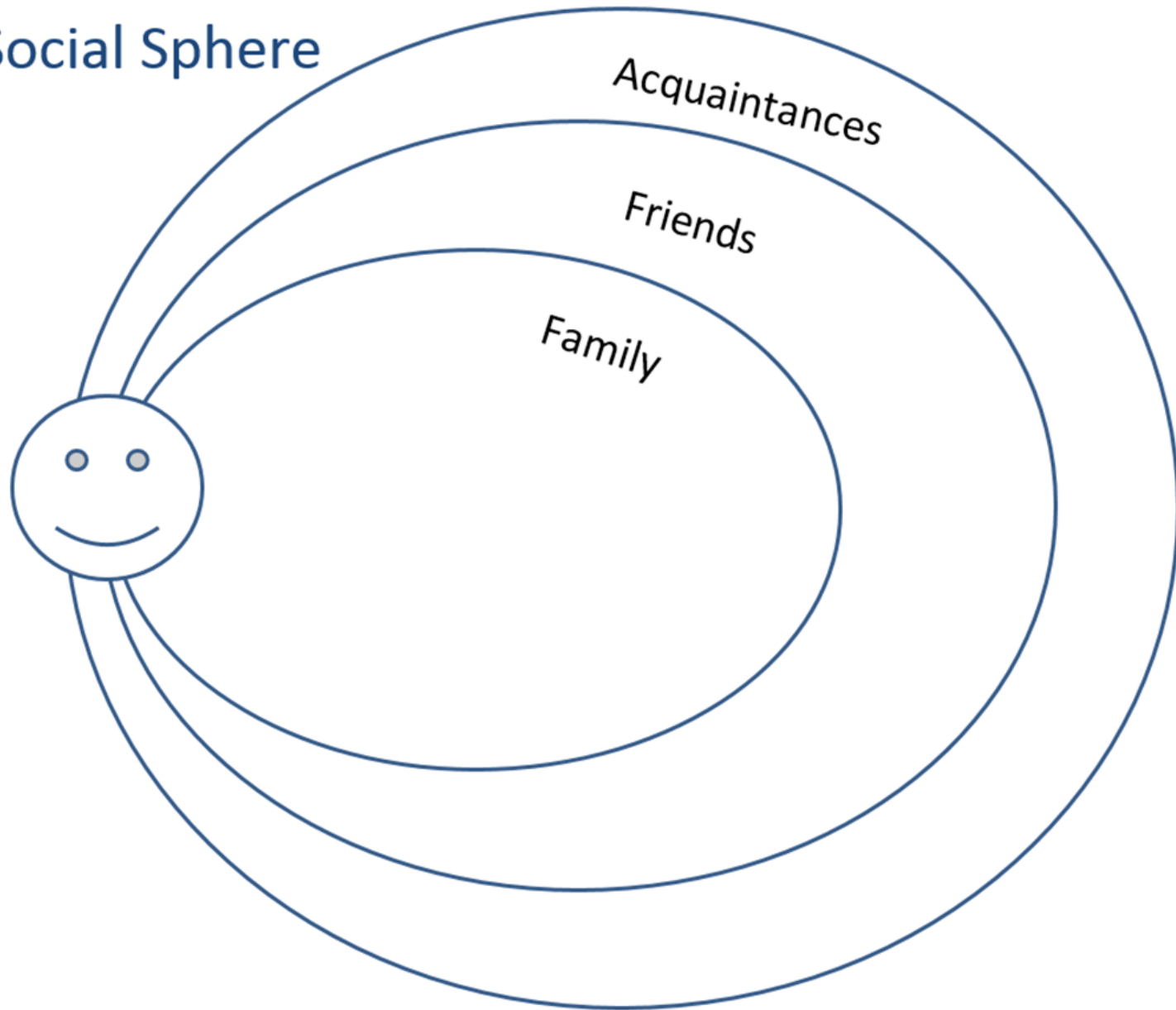
Source: YouTube, www.youtube.com/watch?v=Hyc1aMtnHJo

Resilience Inspiration:

Diamond Dallas Page.

Source: YouTube, www.youtube.com/watch?v=qX9FSZJu448

Social Sphere



Notes: