



## Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.

### “Resilience”

Contributed by Stefanie Veno



- “Resilience” is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of [stress](#) — such as family and relationship problems, serious health problems or [workplace](#) and financial stressors. It means “bouncing back” from difficult experiences.
- UNC Health Care has provided resilience training to the leadership team in the past to help develop resilience and promote the benefits of this tool throughout the organization. It has been recognized as a tool with evidence-based research that shows it is effective in improving overall happiness and decreasing rates of depression.
- Do you want to learn how to build and develop your resilience? The changes we encounter in life affect us all differently and evoke different reactions. Learn 10 ways to build your resilience with strategies that you can tailor to your needs.
- <http://www.apa.org/helpcenter/road-resilience.aspx>