

KEYS TO RESILIENCE: VIDEO SERIES

How Responders and Caregivers Can Build Their Resilience

The following animated shorts provide quick, easy to follow tips and tricks for building and maintaining your resilience in challenging circumstances.

Videos

Building Responder Resilience | [WATCH \(http://bit.ly/BuildRR\)](http://bit.ly/BuildRR)

In this video, learn about building habits of self-efficacy to help you feel in control when life's uncertainties impact your work and home.

Good Things To Do | [WATCH \(http://bit.ly/GoodTD\)](http://bit.ly/GoodTD)

When bad things happen, what can you do? Here are some simple actions you can take to protect your mind and heart from the fatigue of challenge and crisis.

Sleep is Foundational | [WATCH \(https://bit.ly/HIGetSleep\)](https://bit.ly/HIGetSleep)

Learn how sleep is the solid foundation for mental health and wellbeing. When the going gets tough, sleep is your secret weapon.

Still Can't Sleep? | [WATCH \(https://bit.ly/HIGetSleep2\)](https://bit.ly/HIGetSleep2)

Sometimes, despite our best efforts, sleep is still elusive due to stress's effect on our brain. Explore what you can do to set yourself up well for sleep in the midst of stressful situation.