

# Recommended Resources

Four ways to put this week's skill into practice — pick the format that fits your schedule.

All resources are available at [leadershipwellstar.com](https://leadershipwellstar.com) or the links below. Some links require connection to the Wellstar network.



## READ • BOOKS

### [The Upside of Stress](#)

Kelly McGonigal

### [Resilient](#)

Rick Hanson



## LEARN • LINKEDIN

### [Developing Resilience](#)

Video • 2 min 39 sec

### [Improving Your Mental Health at Work](#)

Course • 58 min



## ARTICLE • HBR

### [Burnout Looks Different Across the Org Chart](#)

Daisy Auger-Dominguez

Harvard Business Review • 8 min read



## WATCH • VIDEO

### [8 Habits of Resilient Leaders](#)

Mayo Clinic

Video • 1 min 30 sec

## FEATURED • CREATED BY WELLSTAR LEADERSHIP DEVELOPMENT

### [TEAMCare Kit for Boosting Your Resilience at Work](#)

Kit • 90 min

## WELLSTAR RESOURCES

### [Wellness & Work Life Resources](#)

[Wellness Consultants](#) • [SpringHealth](#) (EAP) • [wellstarconciierge.com](https://wellstarconciierge.com) • Headspace • Sharecare

Leader Fundamentals: [Leading Change](#) • [leadershipwellstar.com](https://leadershipwellstar.com) • [employeeewellness@wellstar.org](mailto:employeeewellness@wellstar.org)