



National Council on Alcoholism and Drug Dependence – Rochester Area



1931 Buffalo Road - Rochester, New York 14624
Telephone: (585) 719-3480 or 719-3490 Fax: (585) 423-1908
Website: www.ncadd-ra.org



RESILIENCE RESOURCES

General Resources

1. Creating a Healthier Life: A Step-By-Step Guide to Wellness by SAMHSA <https://store.samhsa.gov/sites/default/files/sma16-4958.pdf?msclkid=ef384245a54d11ecb52c386b9f0117d5>
2. Wellness Activity Lessons: A Guide for Group Leaders by Collaborative Support Programs of New Jersey, Inc. Wellness Institute https://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/cspnj_wellness_activity_manual_2016.pdf
3. Five Science-Backed Strategies to Build Resilience by Greater Good Magazine https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience
4. Resilience Lessons: Building Resilience for Teens, Parents, and Teachers by American Psychological Association <https://www.apa.org/topics/resilience/>

Spiritual Resilience

1. The Keys to Spiritual Wellness by Tony Robbins Blog in Health & Vitality <https://www.tonyrobbins.com/blog/the-keys-to-spiritual-wellness?msclkid=9cbdc36da56011ecbbb9a70cf8ea81cc>
2. Twenty-Four Hours a Day App by BookMobile Available on Apple App and Google Play Stores
3. Mindfulness <https://www.mindful.org/>
4. Yoga by Yoga Journal <https://www.yogajournal.com/>
5. Insight Timer – Meditate & Sleep App by Insight Network Available on Apple App and Google Play Stores
6. Tai Chi and Qigong by Feel the Qi

Emotional Resilience

1. Emotional Wellness Checklist by NIH <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2021-2.pdf>
2. Emotional Well-Being by CDC https://www.cdc.gov/emotional-well-being/about/?CDC_AAref_Val=https://www.cdc.gov/populationhealth/well-being/index.htm
3. Acceptance and Commitment Therapy by Association for Contextual Behavior Science (ACBS) <https://contextualscience.org/act>
4. Social Emotional Learning for Adults by UC Berkeley – Greater Good in Education <https://ggie.berkeley.edu/my-well-being/sel-for-adults-self-awareness-and-self-management/>
5. PTSD Coach App by VA Available on Apple App Store and Google Play Store
6. Virtual Hope Box App by National Center for Telehealth & Technology Available on Apple App Store and Google Play Store
7. Daylio Journal – Daily Diary Moon Tracker App by Relaxio SRO Available on Apple App Store and Google Play Store
8. I AM Daily Positive Affirmations App by Monkey Taps Available on Apple App and Google Play Stores

Intellectual Resilience

1. Intellectual Wellness by University of New Hampshire <https://www.unh.edu/health/intellectual-wellness>
2. 12 Proven Ways to Increase Your Intellectual Wellness by Tracy Kennedy: Lifehack's Personal Development Expert <https://www.lifehack.org/901865/boost-intellectual-wellness>
3. How to Increase Your Intellectual Wellness by Natasha Burton: Goalcast <https://www.goalcast.com/intellectual-wellness/?msclkid=fee747b6a55411ec8072df933b6a9b81>



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Physical Resilience

1. Physical Wellness Toolkit by NIH <https://www.nih.gov/health-information/physical-wellness-toolkit?msclkid=041f62b3a55311ec8c3ded952ff42358>
2. Move Your Way by US ODPHP <https://odphp.health.gov/moveyourway#adults>
3. Physical Activity Guidelines for Americans by US DHHS https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
4. MyFitnessPal App Available on Apple App Store and Google Play Store
5. WebMD (reliable health information) <http://www.webmd.com/>
6. Yuka – Food and Cosmetic Scanner App Available on Apple App and Google Play Stores
7. Stay Quit Coach App (Nicotine/Smoking) by VA Available on Apple App and Google Play Stores

Occupational Resilience

1. Occupational Wellness – Rediscover Your Way Home to a Stress Free Work-Life by Neha Yasmin at Vantage Circle <https://www.vantagefit.io/blog/occupational-wellness/?msclkid=bc112cbb55a11ec90eeb409e6a5386c>
2. Work Life Balance by Mental Health America <https://www.mhanational.org/work-life-balance?msclkid=537bc7a7a55c11ec8a8e622a4a1746a3>

Financial Resilience

1. How an Employee Financial Wellness Program Can Benefit Your Small Business by Paychex Worx <https://www.paychex.com/articles/employee-benefits/how-employee-financial-wellness-program-benefits-small-business?msclkid=e0b13519a55711ec9e44196ad053a847>
2. Consumer Advocates by Clark Personal Finance Experts <https://clark.com/>
3. Financial Wellness Video (6.56 min) by goHealthWize <https://www.youtube.com/watch?v=iol7F3R6dgE>
4. Budget Calculators by Every Dollar <https://tinyurl.com/y9qhryng>

Environmental Resilience

1. Environmental Wellness Toolkit by NIH <https://www.nih.gov/health-information/environmental-wellness-toolkit>
2. National Center for Environmental Health by CDC <https://www.cdc.gov/nceh/>
3. AWorld in Support of Act Now App by AWorld Srl SB Apple App Store and Google Play Store

Social Resilience

1. Social Wellness Toolkit by NIH <https://www.nih.gov/health-information/social-wellness-toolkit>
2. 20 Fun Social Wellness Activities for the Workplace by Priyakshi Sharma of Vantage Circle <https://www.vantagefit.io/blog/social-wellness-activities/?msclkid=4a5070eda55f11ec8e66d83a72e664da>
3. Social Media Health Tips by American Academy of Pediatrics https://downloads.aap.org/AAP/PDF/CoE_one_page_with_disclaimer.pdf
4. Pink Cloud: AA Meeting Finder by Alcoholics Anonymous Available on Apple App and Google Play Stores



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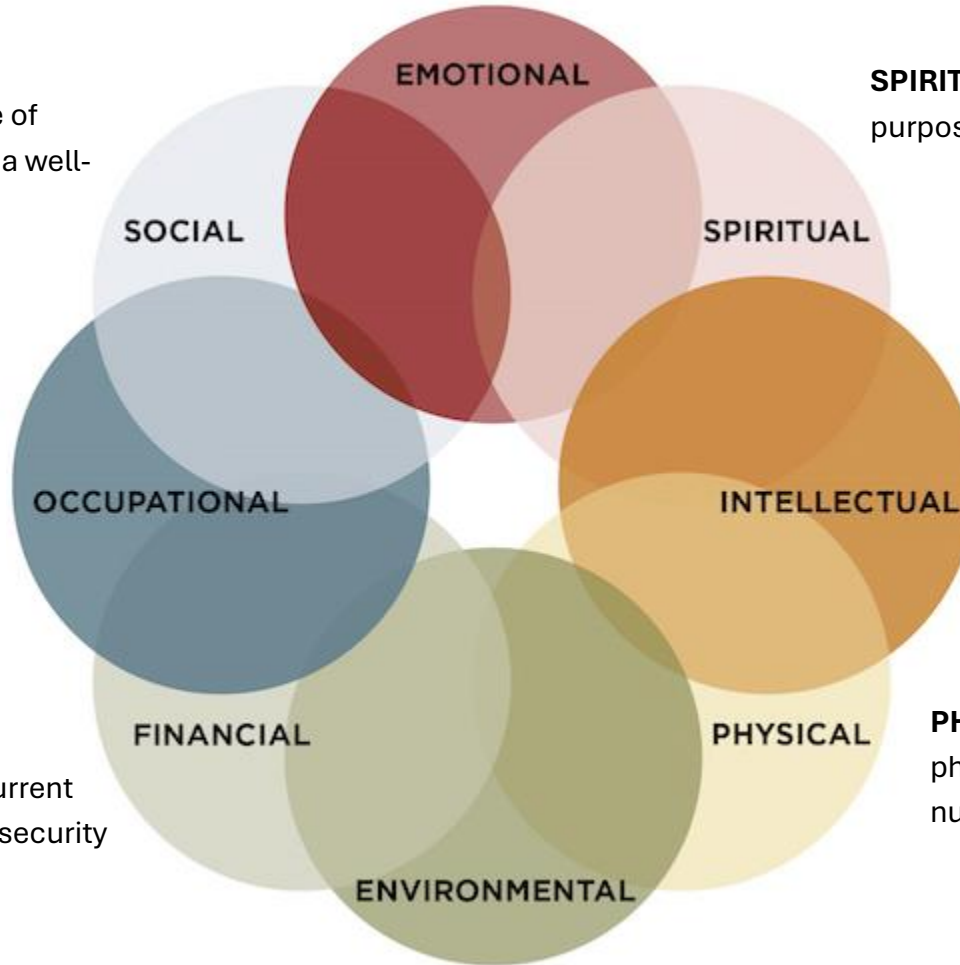
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EMOTIONAL Coping effectively with life and increasing your functioning

SOCIAL Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL Expanding our sense of purpose and meaning in life



OCCUPATIONAL Personal satisfaction and enrichment derived from one’s work

INTELLECTUAL Recognizing creative abilities and finding ways to expand knowledge and skills

FINANCIAL Satisfaction with current and future life affordability and security

PHYSICAL Providing for the need for physical activity, diet, sleep, and nutrition

ENVIRONMENTAL Good health by occupying pleasant, stimulating environments that support well-being