Web-Based Resiliency Resources for Healthcare Professionals, Service Populations and Community Partners

We will be continuing to update our new Tips for Staying Resilient page with more 2 min snapshot videos and bite-size resources as they become available.

All the 2 min videos and longer webinar videos will also live on our TurningPointKC YouTube channel at https://www.youtube.com/user/TurningPointKC (click on titles/links below to view content)

Tips for Staying Resilient web page:

Tips for Staying Resilient

Resilience Snapshot Videos: (all videos are ~ 2 min in length)

Resilience Snapshot Intro Video
Holding Two Truths at Once
Letting Go of Muscle Tension
"Just This" strategy to help us focus and self-calm

Pre-recorded skills-based webinar presentation

Resiliency and Self-calming Skills (~18 min long)

Turning Point’s Online Resilience Toolbox Resources:

Resilience Toolbox Home Page

Inside Toolbox are modules like the following, plus more:

Self-calming and Relaxation Toolbox
Insomnia