

TURNING POINT

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

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](#)