

eTOOLKIT

eTOOLKIT OVERVIEW

PURPOSE OF THE eTOOLKIT

The purpose of this Building Resilience eToolkit is to provide you with a set of practical online resources to:

- 1 Reinforce and extend the content covered in the Building Resilience eLearning course.
- 2 Easily access on an as needed basis to assist you with applying the building resilience information and strategies. This is designed to support you with responding to change, challenge and adversity with resilience.

eTOOLKIT OVERVIEW

This eToolkit contains **FOUR** folders, organised and structured in a way for you to easily navigate, print, download or share what you need, when you need it.



FOLDER 1 - Fact Sheets

A series of 6 x Fact Sheets for you to refresh and build on the content covered in the Building Resilience course and for sharing with colleagues, family or friends as needed.

The Fact Sheet topics are:

- 1 Fact Sheet #1 – What is Resilience?
- 2 Fact Sheet #2 – Stress Mastery - Understanding Stress Management
- 3 Fact Sheet #3 – Stress Mastery - What is Mindfulness?
- 4 Fact Sheet #4 – Mindset Mastery - The Resilient Mindset
- 5 Fact Sheet #5 – Mindset Mastery - Reframing and Resilience
- 6 Fact Sheet #6 – Lifestyle Mastery and Resilience



FOLDER 2 - Tip Sheets

A series of 10 x Tip Sheets in 3 folders which provide you with information and practical tips to assist you with responding to change, challenge and adversity in healthy and productive ways..

The Tips Sheets included are:

Stress Mastery - Mindfulness Tip Sheets

- 1 Mindfulness Tip Sheet #1 - Mindful Breathing
- 2 Mindfulness Tip Sheet #2 - Mindful Observation
- 3 Mindfulness Tip Sheet #3 - The 5 Senses
- 4 Mindfulness Tip Sheet #4 - Inner Dialogue

Mindset Mastery Tip Sheets

- 1 Mindset Mastery Tip Sheet #1 - Practicing Reframing
- 2 Mindset Mastery Tip Sheet #2 - Questions and Resilience

Lifestyle Mastery Tip Sheets

- 1 Lifestyle Mastery Tip Sheet #1 - EAT
- 2 Lifestyle Mastery Tip Sheet #2 - SLEEP
- 3 Lifestyle Mastery Tip Sheet #3 - MOVE
- 4 Lifestyle Mastery Tip Sheet #4 - CONNECT



FOLDER 3 - Activity Sheets

A series of 2 x Activity Sheets to assess your own resilience and build your personalised building resilience plan. The Activity Sheets included are:

- 1 Activity Sheet #1 - My Resilience Self Assessment
- 2 Activity Sheet #2 - My Resilience Action Plan



FOLDER 4 - Multimedia Resources

A series of downloadable quotes (formatted as posters), videos and animations from the Building Resilience course to review and refresh the course content for you. This includes:

Posters

A series of 6 quote posters for digital and or print use.

Videos

- 1 Video #1 - What is Resilience?
- 2 Video #2 - Stress Mastery - Tool #1 - Controlled Breathing
- 3 Video #3 - Stress Mastery - Tool #2 - Mindfulness

Animations

- 1 Animation #1 - Understanding Resilience - The Anatomy of Stress
- 2 Animation #2 - Understanding Resilience - The Physiology of Stress
- 3 Animation #3 - Understanding Resilience - The Impact of Stress

**Remember, you can access the information in this eToolkit
anytime you need it!**

**Simply keep the link to your eToolkit in your favourites and
download the resources when you require them.**

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.