



NUTRITION & WELLNESS

Military Families Learning Network

Resources

- Building Resilience Together Guides
- https://agrisk.umn.edu/Library/Collection/wia_learning_circles
Building Resilience Together is a way to improve your resilience by intentionally working on your social support system. These guides help you work on your social support system alongside a small group of others and develop ways of thinking and doing that will contribute to your resilience. Although these guides were developed for women in Agriculture, they can be used by anyone.
 - Working Out Loud Guides - <https://workingoutloud.com/en/circle-guides>
John Stepper created these Working Out Loud Circle Guides to help small groups work towards developing larger, more diverse networks and a sets of habits that can be applied toward any goal. Working out Loud Circles can help you become more effective because you have access to people, knowledge, and opportunities that can help you.
 - Learning Through Change: 2017 MFLN Virtual Conference
- <https://militaryfamilieslearningnetwork.org/2017virtualconference/>
The webinars and other materials that were part of this conference can help you build your resilience by learning more about dealing with uncertainty, practicing self-care and working toward positive change. I especially recommend the webinars “Bending, Not Breaking: Resilience and the Role of Positive Emotions During Times of Stress” and “Seasons of Change: Promoting Growth During Times of Uncertainty.”
 - Resilience is a Necessary Leadership Quality
August 8, 2016 Annette Maggi [Business Skills](https://www.retaildietitians.com/articles/resilience-is-a-necessary-leadership-quality/) By RDBA Executive Director, Annette Maggi, MS, RDN, LD, FAND <https://www.retaildietitians.com/articles/resilience-is-a-necessary-leadership-quality/>
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- Grace-Farfaglia, Patricia & White Gorman, Andrea & L. Pickett-Bernard, Denise & Dehpahlavan, Jaleh. (2018). Keep Calm and Lead by Example: Healthy Lifestyles of Dietitians and Satisfaction with Life. Journal of Preventive Medicine. 03. 10.21767/2572-5483.100027. [file:///C:/Users/12176/Downloads/Grace-Farfaglia_keep-calm-and-lead-by-example-healthy-lifestyles-of-dietitians-and-satisfaction-with-life2-6-18Final%20\(1\).pdf](file:///C:/Users/12176/Downloads/Grace-Farfaglia_keep-calm-and-lead-by-example-healthy-lifestyles-of-dietitians-and-satisfaction-with-life2-6-18Final%20(1).pdf)
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- Avoiding Burnout, Maintaining a Healthy, Successful Career
<https://www.mindtools.com/pages/article/avoiding-burnout.htm>
- 7 Strategies to Prevent Burnout: Effective burnout prevention strategies from someone who's been there. Psychology Today.
<https://www.psychologytoday.com/us/blog/pressure-proof/201306/7-strategies-prevent-burnout>