



# mind • body • spirit

## Resources to Build Resilience

Stress happens to us all. Resilience helps you bounce back.

### Support Resources from Kaiser Permanente

#### Classes

##### Pathways to Emotional Wellness

(1 session, no fee)

Get an overview of mind-body resources to help you deal with stress, anxiety, and depression and take your next steps to wellness.

##### Managing Your Stress

(6 sessions, no fee)

Find out how to recognize the sources of stress in your life, manage symptoms, and develop a healthier lifestyle.

##### Mindfulness-Based Stress Reduction

(8 sessions, fee required)

Learn mindfulness meditation and gentle meditative movement to cope better with stress, chronic pain, depression, and other issues.

##### Managing Depression

(6 sessions, no fee)

Learn to challenge negative thoughts and approach your life with mindfulness.

##### Understanding Anxiety

(6 sessions, no fee)

Identify your anxiety triggers and find ways to manage symptoms.

##### Managing Anger

(8 sessions, fee required)

Get help for anger, which can cause problems with family, friends, or colleagues.

For information about classes or to register, visit or call your local Health Education Center or Department.

#### Mental Health and Wellness

Talk to your physician or call your local Mental Health Department to speak with a mental health professional. Together we'll assess your situation and identify services that best address your concerns.

#### Online Resources

For podcasts, videos, and online programs, go to [kp.org/mydoctor](https://kp.org/mydoctor) and search for "stress," "anxiety," "depression," "sleep," or other topics.

#### Resources for Pregnancy and New Moms

Pregnancy and Depression

[kpdoc.org/pregnancydepression](https://kpdoc.org/pregnancydepression)

New Baby and Feeling Depressed?

[kpdoc.org/postpartumdepression](https://kpdoc.org/postpartumdepression)

#### Local Support Groups and Classes

0 KP Santa Clara Breath of Yoga  
Health Ed Series - 408-851-3800

0 [kp.org/mentalhealth](https://kp.org/mentalhealth)

0 [findyourwords.org](https://findyourwords.org)

0 Kaiser Permanente  
Psychiatry: 408-366-4400

0 National Alliance on  
Mental Illness (NAMI):  
(408) 453-0400

0 Domestic Violence Hotline:  
(800) 799-7233

0 Suicide Prevention Hotline:  
(800) 273-8255 or  
Text: "Home" to 741741

# Resources You Can Use on Your Own

## Activities can include:

- Playing a game or sport or doing other physical activities
- Painting, drawing, or other artistic expression
- Volunteering to help others, such as at a shelter or animal rescue facility
- Practicing breathing exercises, meditation, yoga, or other mindfulness activities
- Singing or playing a musical instrument
- Participating in a support group
- Joining a group in your faith community
- Journaling (suggested book: *Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval* by J. W. Pennebaker)

## Healing can happen so you can:

- Connect with others.
- Be in touch with your body (sometimes called “grounding”).
- Express emotions in a safe and healthy way.
- Work off stress physically.
- Be fully present in the moment.
- Feel joy.



## Books

*Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* by Rick Hanson and Richard Mendius

*The Deepest Well* by Nadine Burke-Harris

*Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* by Donna Jackson Nakazawa



## Mobile Apps

- **Mindfulness Coach:** Available at the App Store. Practicing mindfulness reduces stress, improves emotional well-being, increases self-awareness, and helps with anxiety, depression, and chronic pain.
- **iChill:** Available at the App Store and Google Play. This app teaches a set of skills to help you build resilience.



## Videos

- **Connected Parents, Connected Kids** by Futures Without Violence at [www.acesconnection.com/clip/connected-parents-and-kids](http://www.acesconnection.com/clip/connected-parents-and-kids) (7 minutes)
- **How Childhood Trauma Affects Health Across a Lifetime** by Dr. Nadine Burke-Harris at [www.acesconnection.com/clip/ChildhoodTrauma](http://www.acesconnection.com/clip/ChildhoodTrauma) (TED talk, 16 minutes)
- How to build skills to help you cope at [www.acesconnection.com/clip/building-skills](http://www.acesconnection.com/clip/building-skills)



## Online

- **myStrength:** Available at [kp.org/selfcareapps](http://kp.org/selfcareapps). Supports your overall well-being, and helps with depression, anxiety, pain, trauma, recovery, pregnancy, and early parenting. Available on your computer or phone.
- **Calm:** Available at [kp.org/selfcareapps](http://kp.org/selfcareapps). Offers mindful meditations, sleep stories for better sleep, and support overall well-being.
- **Free Guided Meditations:** Listen to guided meditations at [kp.org/listen](http://kp.org/listen)
- **“Just One Thing” Newsletter:** Sign up for Rick Hanson’s “Just One Thing” free weekly newsletters for more fulfilling relationships and peace of mind. Visit [rickhanson.net/writings/just-one-thing/](http://rickhanson.net/writings/just-one-thing/)
- **ACEs Too High News Blog:** Find research about adverse childhood experiences (ACEs), including the health consequences of toxic stress. Visit [acestoohigh.com](http://acestoohigh.com)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.