

Staff health and wellbeing – additional reading

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Other useful resources

Managing burnout

<https://www.mindtools.com/pages/article/avoiding-burnout.htm>

One minute meditation - Headspace

<https://www.youtube.com/watch?v=c1Ndym-IsQg> (1.06 minutes)

Personal values assessment tool (Barrett Values Centre)

<https://www.valuescentre.com/tools-assessments/pva/>

Benefits of kindness

<https://www.youtube.com/watch?v=FA1ggXovaxU> (2 minutes)

Growth Mindset

Growth versus fixed mindset (2 minutes)

<https://www.youtube.com/watch?v=M1CHPnZfFmU>

Four steps to developing a growth mindset (4 minutes)

<https://www.youtube.com/watch?v=aNHas97iE78>

Check your resilience

<https://www.resiliencyquiz.com/index.shtml>

Fostering resilience in the workplace

<https://positivepsychology.com/resilience-in-the-workplace/>

<https://www.youtube.com/watch?v=uTpY8DGYGtY&t=10s> (1.40 minutes)

R@W toolkit

<http://www.workingwithresilience.com.au>