

Resources When It's Not Manageable

Module 3: Developing Resilience

Listed below are some of the many resources that can support you during your postdoc training, both in-person and online. *Disclaimer:* All information, resources, and content shared by the Postdoc Academy is for informational purposes only and are not intended to be a substitute for a qualified physician or healthcare provider.

Finding In-Person Support:

- The best way to find additional support is to reach out to the Employee Assistance Program (EAP) at your institution. The EAP might be called the Faculty and Staff Assistance Office, the Faculty and Staff Help Center or some other title; it might also be housed within a Wellness or Work/Life program. You'll usually find a link on the Human Resource web page under Employee Benefits.
- Your medical provider can also provide information on local resources.

Finding Online Support:

- Social Work License Map has prepared a [Mental Health Resources List](#), which is categorized by national and government support and by area of support.
- Mental Health America provides a number of [screening tools](#) to determine whether you are experiencing symptoms of a mental health condition.
- The National Alliance on Mental Illness provides a [HelpLine](#) to provide information, referrals, and support.

Tools for Cultivating Resilience:

- [Stanford Mind and Body Lab](#) shares research on how mindsets matter.
- [Harvard](#) and [University of Pennsylvania](#) shares a number of free positive psychology resources.
- A [gratitude journal](#) is the daily practice of writing down small things that you are grateful for. There are a number of free online resources and apps such as ThinkUp and Grateful: Gratitude Journal.