

ACTIVITY | Building Resiliency



GOAL | To increase awareness of how to build resiliency and provide resources and information to staff.



RELEVANT FOR

- Middle Manager
- Supervisor
- Caseworker



DESCRIPTION | Sponsor a Lunch & Learn series on resiliency to help staff cope with the challenges and stressors of their jobs. Determine specific topics and arrange for the Lunch & Learn events.

Just how resilient are you and your staff?

One way to find out is by taking the Professional Quality of Life assessment at [ProQuol](#). This free assessment measures the negative and positive effects of helping others who experience suffering and trauma. The ProQoL has subscales for compassion satisfaction, burnout, and compassion fatigue.



MORE INFO

[Resilience & Burnout](#)

[Child Welfare Can Address Burnout](#)



Building Resiliency

RESOURCES

Assessment - Professional Quality of Life Assessment:

http://proqol.org/ProQol_Test.html

Websites with links to other information:

U.S. Department of Health and Human Services—Child Welfare Information Gateway: Trauma

<https://www.childwelfare.gov/topics/responding/trauma/>

The National Child Traumatic Stress Network

<https://www.nctsn.org/about-us/structure-and-governance/national-center>

The Greater Good Science Center (GGSC) at the University of California Berkeley, including the Science of Happiness podcast and Recommended Reading

<https://greatergood.berkeley.edu/>

The Greater Good in Action Practices and Meditations

<https://ggia.berkeley.edu/>

The Greater Good Science Center (GGSC) at the University of California Berkeley Connection Practices

<https://ggia.berkeley.edu/#filters=connection>

The University of California San Diego Center for Mindfulness Free Guided Audio for Mindfulness,

Meditation, and Yoga <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/pages/audio.aspx>