



mind • body • spirit

# The Road to Resilience

## Support Resources from Kaiser Permanente

Take steps to build resilience and bounce back from stressful life events.



### CLASSES

#### Pathways to Emotional Wellness

(1 session, no fee)

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

#### Managing Stress

(6 sessions, no fee)

Helps you recognize the sources of stress in your life, manage symptoms, and develop a healthier lifestyle.

#### Mindfulness-Based Stress Reduction

(8 sessions, fee required)

Teaches mindfulness meditation and gentle meditative movement to cope better with stress, chronic pain, ongoing illnesses, depression, difficulty sleeping, 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 what triggers anxiety for you as well as ways to manage your symptoms.

#### Managing Anger

(8 sessions, fee required)

When anger causes problems with family, friends, or colleagues, we can help.

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

### INDIVIDUAL COUNSELING

You don't need a referral from your doctor to talk to a therapist or counselor in our Mental Health or Chemical Dependency Departments.

### BEHAVIORAL MEDICINE

Behavioral medicine specialists (or consultants) are available at most locations. They provide treatment to help you manage stress and build healthy coping skills. Treatment targets a specific problem area. To meet with a behavioral medicine specialist, ask your doctor to schedule an appointment for you.

### ONLINE RESOURCES

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

### LOCAL SUPPORT GROUPS AND CLASSES

[kp.org/mentalhealth](http://kp.org/mentalhealth)

[findyourwords.org](http://findyourwords.org)

**Kaiser Permanente Psychiatry Clinic:**  
408-366-4400

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

**Domestic Violence Hotline:**  
(800) 799-7233

**Suicide Prevention Hotline:**  
(800) 273-8255

**Caregiver Alliance:**  
(800) 445-8106

**Bereavement Support:**  
(408) 243-0222



# Resources You Can Use on Your Own



## 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.

## Activities can include:

- Playing a game or sport or doing other physical activities.
- Painting, drawing, or other artistic expression.
- Breathing exercises, meditation, yoga, or other mindfulness activities.
- Singing or playing a musical instrument.
- Participating in a support group.
- Dancing, singing, or chanting in your faith community or spiritual group, or drumming in a drum circle.
- Journaling (suggested book: *Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval* by J. W. Pennebaker).



## BOOKS

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

*They Can’t Find Anything Wrong!* by David D. Clarke

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

mindfulness reduces stress, improves emotional well-being, increases self-awareness, and helps with anxiety, depression, and chronic pain. This app offers exercises, information, and a tracking log.

- **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: [youtu.be/JOmj5VVYyF0](https://youtu.be/JOmj5VVYyF0) (7 min)

- **How Childhood Trauma Affects Health Across a Lifetime** by Dr. Nadine Burke-Harris at: [youtu.be/95ovIJ3dsNk](https://youtu.be/95ovIJ3dsNk) (TED talk, 16 min)



## ONLINE

- **Free Guided Meditations:** Listen to guided meditations from the University of California. Visit [marc.ucla.edu](https://marc.ucla.edu) and choose “Free Guided Meditations.”
- **“Just One Thing” Newsletter:** Sign up for Rick Hanson’s “Just One Thing” free weekly newsletters that bring simple practices for more fulfilling relationships and peace of mind. Visit [rickhanson.net/writings/just-one-thing/](https://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](https://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. Some photos may include models and not actual patients.