



Health and Wellness Fall 2020 Series: “Building Resilience for Success” Resources Mentioned in the September 15 Chat

Dr. George Everly, Jr. et. al, Stronger: Develop the Resilience You Need to Succeed (2015)

https://books.google.com/books/about/Stronger.html?id=8o_tCQAAQBAJ

Health and Wellness Fall 2020 series website

<https://gradcenter.arizona.edu/health-and-wellness-fall-2020-building-resilience-success>

Wildcats R.I.S.E. (Resilience in Stressful Events)

<https://wellbeing.arizona.edu/wildcats-rise>

Campus Health Counseling and Psych Services 24/7 Phone line

520-621-3334

Mike Gervais “Finding Mastery” Podcast and resources

<https://findingmastery.net/>