**Emotional Resilience: Signpost Key Resources**

[**Online learning package: Building Emotional Resilience**](https://www.researchinpractice.org.uk/all/content-pages/training-and-development-programmes/online-learning-packages-tailored-support/building-emotional-resilience-in-social-work/)

This [online learning package](https://www.researchinpractice.org.uk/all/content-pages/training-and-development-programmes/online-learning-packages-tailored-support/building-emotional-resilience-in-social-work/) explores emotional resilience in social work, considering techniques and tools for greater wellbeing in your role.

**Film 1: Building personal resilience**

**Film 2: Developing organisational resilience**

**Film 3: Developing self-care**

[**SWORD: Social Work Organisational Resilience Diagnostic**](https://sword.researchinpractice.org.uk/)

This [workbook](https://sword.researchinpractice.org.uk/media/4567/19_sword_full_workbook__introduction.pdf) aims to help social work leaders and managers, and others working in social care create a workplace climate that builds the capacity for resilience. It draws on established research findings, together with learning developed from interviews, workshops and seminars with groups of social workers and leaders. It provides a range of evidence-informed practical interventions, ‘quick-wins’ and more in-depth strategies, to foster the conditions that have been shown to underpin resilience at individual, team and organisational levels.



[**Recovery, work-life balance, wellbeing: how to switch off (webinar)**](https://www.researchinpractice.org.uk/all/content-pages/videos/recovery-work-life-balance-wellbeing-how-to-switch-off/)

This webinar highlights the importance of detachment from work worries and concerns and highlights some strategies to help you develop healthy boundaries between your work and personal life.

**Resources for leaders**

Compassionate, emotionally literate and trauma-informed leadership is necessary for those you support to be as resilient as possible. [Supporting wellbeing remotely](https://www.researchinpractice.org.uk/all/publications/2021/october/supporting-wellbeing-remotely-leaders-briefing-2021/) is a joint briefing for leaders and managers across the sector. The [Leading with Compassion](https://www.researchinpractice.org.uk/adults/publications/2019/december/leading-with-compassion-supervisors-briefing-2019/) briefing supports managers and leaders in adult social care; while [Embedding a Trauma-Informed Approach to support staff wellbeing](https://www.researchinpractice.org.uk/children/publications/2021/march/embedding-a-trauma-informed-approach-to-support-staff-wellbeing-in-children-s-social-care-strategic-briefing-2021/) is for children and families’ leaders and managers.

# Quick reads

# [Recovery, work-life balance, and wellbeing](https://www.researchinpractice.org.uk/all/news-views/2021/april/recovery-work-life-balance-and-wellbeing/); [A rapid, multi-agency response to enhance care provider staff wellbeing and resilience during and post lockdown](https://www.researchinpractice.org.uk/adults/news-views/2020/october/a-rapid-multi-agency-response-to-enhance-care-provider-staff-wellbeing-and-resilience-during-and-post-lockdown/); [Mindfulness meditations in Rochdale – investing in the wellbeing of children’s services colleagues](https://www.researchinpractice.org.uk/all/news-views/2020/september/mindfulness-meditations-in-rochdale-investing-in-the-wellbeing-of-children-s-services-colleagues/); [Emotional resilience in times of crisis: how organisations can support practitioners](https://www.researchinpractice.org.uk/all/news-views/2020/april/emotional-resilience-in-times-of-crisis-how-organisations-can-support-practitioners/); [Effective services require resilient and supported practitioners](https://www.researchinpractice.org.uk/children/news-views/2020/march/effective-services-require-resilient-and-supported-practitioners/)

|  |
| --- |
| This is a selection of Research in Practice resources on this topic. You need to be logged in to a Research in Practice account to access the resources via the links in this document. [Log in here](https://www.researchinpractice.org.uk/dashboard/) if you have an account already, or [create one here](https://www.researchinpractice.org.uk/register/).If you have any questions, please email ask@researchinpractice.org.ukDon’t forget you can log what you read, watch or listen to and record reflections on your [MyCPD](https://www.researchinpractice.org.uk/dashboard/my-cpd/) log using the button on each resource page. |