



Additional Resources for Tough Times

Here are a selection of podcasts, videos and blogs that may be useful.

They were recorded earlier in the Covid pandemic, but the human feelings of overwhelm, exhaustion and anxiety that we're feeling are the same now as then.

If that's how you or those around you are feeling right now, dip in to these resources for some support.



Real-time Resilience #15: Moving Levels

Author: NZIWR Team

Its another transition weve done this before!...

[See More](#)

<https://nziwr.co.nz/real-time-resilience-moving-to-level-2/>



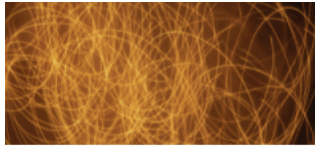
Real-time Resilience #12: Keeping Anxiety At Bay - NZIWR Team Tips

Author: NZIWR Team

This article first appeared in Stuff April 06, 2020 Coronavirus: Six tips for keeping anxiety at bay....

[See More](#)

<https://nziwr.co.nz/real-time-resilience-12-keeping-anxiety-at-bay-nziwr-team-tips/>



Real-time Resilience #11: Holding it together in your bubble

Author: NZIWR Team

Have you found yourself snapping at someone, being short-tempered, or shouting Find it yourself or How should I know? in response to a question during the past week? If you answered Yes, and you'd like to be more constructive and effective, or just less embarrassingly toddler-like, then read on....

<https://nziwr.co.nz/real-time-resilience-11-holding-it-together-in-your-bubble/>



Real-time Resilience #14: Ruth Robertson's STRONG resilience model

Author: NZIWR Team

Denise spoke recently with Ruth Robertson, business psychologist and organisational and leadership development specialist, about her STRONG resilience model that is attracting interest and support from the health sector and beyond. You can watch the video

<https://nziwr.co.nz/real-time-resilience-12-keeping-anxiety-at-bay-nziwr-team-tip/s/>