

RESILIENCE RESOURCES

Helpful Organizations

OptionB.org provides a supportive space online for survivors of trauma and adversity to share stories, connect with others and get help from experts.

LearningConnection.Stanford.edu/Resilience-Project normalizes setbacks and failures as part and parcel of professional and personal growth, and provides Stanford University students and faculty a platform to swap stories and coping strategies.

Resilience.Education.UTexas.edu conveys an interactive e-learning platform developed by the University of Texas at Austin to foster a better understanding of resilience and develop related skills.

Films and Books

Charged: The Eduardo Garcia Story documents the journey of chef and outdoorsman Eduardo Garcia, whose life changed irrevocably when he was jolted with 2,400 volts of electricity while hiking in Montana. Garcia lost his hand, ribs and muscle mass, but survived the injury with the help of his former partner, and became an athlete and speaker for the Challenged Athletes Foundation.

Unbroken depicts the life of Olympian and war hero Louis Zamperini, who survived 47 days on a raft after a near-fatal plane crash in World War II, only to be captured by the Japanese Navy and sent to a prisoner-of-war camp. The film is based on the non-fiction book of the same name by Laura Hillenbrand, herself the survivor of a disabling chronic illness.

The 33 tells the true tale of 33 miners trapped inside a mine in San Jose, Chile, for more than two months, the longest such entrapment in history. All were rescued alive.

Wild is based on Cheryl Strayed's memoir of her solo hike of 1,000-plus miles on the Pacific Crest Trail without any training, following the loss of her mother and marriage.