

The ART of Resilience:

Thriving in Change and Challenge



Learn more about Interoception from this article: There's growing evidence that signals sent from our internal organs to the brain play a major role in regulating emotions and fending off anxiety and depression.

Are you Interoceptively aware?

Take the Multidimensional Assessment of Interoceptive Awareness by clicking here.

Make Stress your Friend? Watch Dr. Kelly McGonigal talk about seeing stress as a positive in her 14-minute TED talk. Click here.



Recommended Podcasts:

The Verywell Mind, with Amy Morin

On Purpose, with Jay Shetty

Hidden Brain, with Shankar Vedantam

The Happiness Lab, with Dr. Laurie Santos

Tiny Leaps, Big Changes, with Gregg Clunis

Sunday Scaries, by Headspace Studios & Dora Kamao

Good Life Project



Enhance Body Awareness through Meditation. Click here for a guided meditation led by an expert at the MD Anderson Cancer Center.

Option B Resilience is like a muscle. We're here to help you build it.

OptionB.Org is dedicated to helping you build resilience in the face of adversity—and giving you the tools to help your family, friends, and community build resilience too. Here, you can read and share personal stories, join groups for solidarity and support, and find information from experts.

Click here to watch this 3-minute video: The Importance of Resilience with Sheryl Sandberg & Adam Grant as an introduction to OptionB.

Stress acts as an accelerator: it will push you either forward or backward, but you choose which direction.

–Chelsea Eriean