

The Healthy Christian Workplace

Resources recommended by Katy Murray (www.katycatalyst.co.uk), our speaker at the conference on this topic in March 2016.

A brief video summary around the good news and bad news about resilience

<http://www.headington-institute.org/blog-home/223/the-good-and-bad-news-about-resilience>

Carol Dweck's work on growth/ fixed mindset is powerful and you can watch her TED talk here

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

more useful links online.....

<http://christian-leadership.org/developing-leadership-skills/minimising-stress-and-avoiding-burnout/>

resources on stress and burnout

[forum event page](#). Global Connections retreat exploring mindfulness for Christians

stress and burnout advice particularly for mission agencies

<http://www.syzygy.org.uk/category/stress-and-burnout/>

<http://www.eauk.org/idea/the-perils-of-christian-burn-out.cfm>

tips from the EA

<http://www.peopleinaid.org/pool/files/pubs/summary-of-employee-wellbeing-and-resilience-report.pdf>

People in Aid report from the INGO sector

'resilience man' from the Headington Institute about vicarious trauma

<https://www.youtube.com/watch?v=pzxcZH2PkFg> and

<https://www.youtube.com/watch?v=K-aAOLM5oSY>

loads more resources here from Headington Institute

<http://www.headington-institute.org/>

<http://www.headington-institute.org/topic-areas/123/resilience/133/health-and-wellbeing>

business case for investing in employee health and wellbeing, from business perspective

<http://www.cbi.org.uk/media-centre/news-articles/2014/05/strong-business-case-for-investing-in-health-of-staff/>

advice and tips for shaping your business case

<http://www.personneltoday.com/hr/making-the-business-case-for-wellbeing/>