

A Resilience Focused Round-up

We all need resilience to help us thrive and overcome stress, especially in difficult times. This week we have collated a range of resources to help support our resilience as we navigate such a challenging and unsettling time at work.

The prospect of such significant organisational change and the uncertainty this brings is affecting us all as we process what it could mean for us, our families and our finances.

We recognise that this edition of the round-up is a mere snapshot of the resources and support available, but we do hope it is a useful reminder whilst we work on a more robust resilience support pack which we will share with you as soon as we can. In the meantime, thank you for all the incredible work you continue to do. Gem, Amber and Sarah.



NHS Elect Resources and Training

If your organisation is an [NHS Elect](#) member, you will have free access to all online learning which could help support your personal resilience as we navigate this period of organisational change and consider what may come next. Content includes a [Resilience Online Learning Course](#), and sessions on [‘Making the most of LinkedIn’](#) and in January 2026: [‘Interview Skills to Help you Get the Job’](#).

For a limited time, members can also access [slides and recordings from previous Career Development Support Sessions](#) held over the summer.

Staff Health & Wellbeing Support

A reminder of the latest [staff support provision](#). Do reach out, you are not alone, and help is available.

The Unmind App

Mental health platform [Unmind](#) empowers staff to proactively improve their mental wellbeing.

The ‘Navigate Life Events’ content within the ‘Overcome’ section of the app features a series of short courses on topics including ‘Coping in Hard Times’, ‘Exploring a Difficulty’ and ‘Mindfulness for Difficult Times’ which colleagues may find helpful to explore.

NHS staff have free access to the app through to the end of June 2026.



Shiny Mind Mental Health and Wellbeing App: Free Access to Nursing Edition for all Nurses, Midwives and Healthcare Support Workers

A reminder that the [nursing edition](#) of mental health and wellbeing app, ShinyMind, remains free to all Nurses, Midwives and Healthcare Support Workers.

Colleagues in these roles can access the nursing edition by downloading the Shiny Mind app via the QR code below, or by visiting the App Store and registering on the login page using their NHS email address. [A short video giving a brief overview of the app and other promotional resources](#) are available on the website.



NHS Employers: Managing Organisational Change with Compassion - Resources and Tips to Support Leaders Managing Organisational Change

Informed by engagement with workforce leaders across providers and Integrated Care Boards (ICBs), NHS Employers have [collated resources and tips to help strengthen local employment practice](#).

Action for Happiness - Resilience Content

[Action for Happiness](#) have a range of different session recordings and resources regarding resilience which can be accessed free of charge and include:

- [Resilience and Healing](#)
- [Building Resilience](#)
- [Self-Care in Hard Times](#)
- [10 Keys to Happier Living - Resilience](#)



National Health & Wellbeing Champion Development Sessions: Slides and Recordings

[Development Session presentation slides and recordings](#) are available for the programme of events between 2021 – 2025 and feature a wide range of health and wellbeing topics.

Join the conversation on our [EoE NHS Futures page](#) and stay up to date with the latest information