Adult Resilience Curriculum (ARC) for Healthcare Professionals

**Module 1: Understanding the Psychobiology of Stress & Well-Being**

**Resources**

**Allostatic Load**

Burn, S. M. (2020, October 26). *What does ‘allostatic load’ mean for your health?* Psychology Today. <https://www.psychologytoday.com/intl/blog/presence-mind/202010/what-does-allostatic-load-mean-your-health>

**Burnout**

Child Welfare Information Gateway. (n.d.). *Burnout, compassion fatigue, and secondary traumatic stress.* <https://www.childwelfare.gov/topics/management/workforce/workforcewellbeing/burnout/>

**Dual-Factor Model**

Wang, X., Zhang, D., & Wang, J. (2011). Dual-factor model of mental health: Surpass the traditional mental health model. *Psychology, 2*(8), 767-772. <https://doi.org/10.4236/psych.2011.28117>

**Fight/Flight/Freeze Response**

Therapist Aid. (n.d.). *The fight-or-flight response: Fact sheet*. <https://www.therapistaid.com/worksheets/fight-or-flight.pdf>

**Resilience**

Masten, A. S. (2014). *Ordinary magic: Resilience in development*. The Guilford Press.

**Stress**

Harvard Health Publishing. (2020, July 6). Understanding the stress response: Chronic activation of this survival mechanism impairs health. <https://www.health.harvard.edu/staying-healthy/understanding-the-stres-response>

**Wellbeing**

Diener, E. (2000). Subjective well-being: The science of happiness and proposal for a national index. *American Psychologist, 55*, 34-43. <http://dx.doi.org/10.1037/0003-066X.55.1.34>

**Why Zebras Don’t Get Ulcers**

Sapolsky, R. M. (2004). *Why zebras don’t get ulcers* (4th edition). Henry Holt and Company.

**Yerkes-Dodson Curve**

Pietrangelo, A. (2020, October 22). *What the Yerkes-Dodson law says about stress and performance.* Healthline. <https://www.healthline.com/health/yerkes-dodson-law>