

The use of psychological models to understand wellbeing and team function – resources

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| **Videos – links provided by Dr Susan Ross and Dr Phil Smith** |
| Window of Tolerance video from presentation<https://www.youtube.com/watch?v=6nu3iqI8Idc> NHS Education for Scotland: The window of tolerance of organisations, services and systems: <https://vimeo.com/377760761>Lanarkshire Care Home Wellbeing Group: in the corner for care home staff: <https://vimeo.com/698545516/a45f856be4> |
| **Books – as recommended by attendees**  |
| Trauma Stewardship : An Everyday Guide to Caring for Self While Caring for OthersLaura van Dernoot Lipsky with Connie BurkThe Body Keeps the Score: Brain, Mind, and Body in the Healing of TraumaBessel van der KolkNotes on a Nervous PlanetMatt HaigReasons to Stay AliveMatt HaigThe Comfort BookMatt HaigAtlas of the HeartBrene Brown |