

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 Others Laura van Dernoot Lipsky with Connie Burk  The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Bessel van der Kolk  Notes on a Nervous Planet Matt Haig  Reasons to Stay Alive Matt Haig  The Comfort Book Matt Haig  Atlas of the Heart Brene Brown |