The Art of Us: Love, Loss, Loneliness, and a Pinch of Humor Under Lockdown
by Esther Perel

Workshop Playlist on Youtube with Full Video Archive and Clips.
A Youtube playlist including the full workshop archive, as well as clips categorized by theme.

- Workshop 1: How to adjust to your entire relational world being confined to one space - Part 1
- Workshop 2: How to adjust to your entire relational world being confined to one space - Part 2
- Workshop 3: How to live with prolonged uncertainty and anticipatory grief
- Workshop 4: Is there room for pleasure in the midst of crisis? Part 1 and Part 2

https://www.rickhanson.net/resilience-summit/resilience-day-1/

DAY 1:
Elissa Epel, Ph.D. – Strengthening Your Body Against Stress
Day 2:
Kristin Neff, Ph.D. – Mindfulness and Self-Compassion

Day 3:
Nadine Burke Harris, M.D. – Addressing Childhood Adversity

Day 4:
Peter Levine, Ph.D. – Recovering from Loss and Trauma

Day 5:
Shawn Achor, M.A. – Finding Strength in Relationships

https://youtu.be/kqW64BHN7-U

Project Title: Improving the lives of children through healthy couple relationships and stable homes

Module 3 (of 8):
Choose

This module is based on the original NERMEN chapter: “Choose: Making Intentional Relationship Choices,” authored by Brian Higgenbotham, Anthony Santiago, and Allen Barton.

https://www.fcs.uga.edu/nermen/hrmet-modules-choose