



## 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](#)

the **RESILIENCE** Summit

<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>



*A strong, healthy, long-lasting relationship does not just happen by chance but, instead, through deliberate and conscientious decisions to be committed, intentional, proactive, and strengths-focused.*

Improving the Lives of Children Through Healthy Couple Relationships and Stable Homes

HEALTHY RELATIONSHIP & MARRIAGE EDUCATION TRAINING

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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.*

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