



MENTAL HEALTH AWARENESS MONTH

**Resilience is a Team Sport**  
(and So is Ridiculous Optimism)



**If this past month has taught us anything, it's this: resilience doesn't come from going it alone. It's built through small moments, group chats that turn into lifelines, playlists that keep your brain from spiraling, and teammates who reply "same" when you finally admit you're struggling.**

**This final edition is a tribute to the messy magic of collective resilience, because bouncing back is easier when you're not the only one holding the net.**

**Inside, you'll find:**

- 💡 5 Ways to Boost Resilience at Work
- 🤝 Why Vulnerable Leaders Build Stronger Teams
- 📊 7 Research-Backed Strategies for Building Resilient Teams
- 🛑 How to Recover from Burnout When You Can't Hit Pause
- 🖼️ A visual reframe on what real consistency looks like
- 🎧 A podcast that explores joy and burnout as coexisting truths
- 🎥 A TED Talk that flips happiness and productivity on their heads
- 💬 VES Member Assistance Program

**You don't need to have it all figured out. You just need to keep showing up and let your people help you get there.**



# MIND OVER CHATTER

**Resilience isn't about powering through alone.**

It's built in the small stuff: setting a boundary, taking a breath, being honest when you don't have it all together. This week, we've pulled together articles that remind us showing up imperfectly is still showing up.

These reads won't solve everything. But they might shift something.





**Harvard  
Business  
Review**

# 5 Ways to Boost Resilience at Work

Feeling stretched thin? This one's for you. This HBR article breaks down five simple, research-backed ways to build personal resilience at work without needing a full life overhaul. From mental resets to physical well-being, it's a reminder that bouncing back isn't about being bulletproof it's about building back better.

[Click here to dive in](#)



The image features a close-up of a hand holding a pen, set against a green background with a yellow torn-paper border. The word 'TIME' is written in large, red, serif capital letters at the top left. The hand is positioned as if about to write, with the pen held between the fingers. The overall aesthetic is clean and professional, typical of a magazine or news outlet cover.

TIME

# Why The Best Leaders Let Themselves Be Vulnerable With Others

Strong leaders don't have all the answers and they don't pretend to. This TIME article explores how vulnerability, not perfection, builds real trust. By showing up honestly (especially in hard moments), leaders create teams that are more resilient, connected, and willing to take creative risks.

[Click here to dive in](#)





**Harvard  
Business  
Review**

# 7 Strategies to Build a More Resilient Team

Resilience isn't just a personal skill, it's a team habit. This HBR article outlines seven practical strategies to help teams bounce back stronger, together. From fostering open communication to building trust and adaptability, it's a must-read for anyone looking to lead or work within a team that can weather the tough stuff and still thrive.

[Click here to dive in](#)

An illustration of a man in a dark suit and white shirt sitting at a desk. He is looking down at his hands, which are resting on a keyboard. The background is a soft, abstract blend of orange, yellow, and green. The text 'FAST COMPANY' is written in a large, white, serif font at the top left.

# FAST COMPANY

## How to recover from burnout if you can't change jobs or take time off

Burned out but can't hit pause? You're not alone. This Fast Company piece offers realistic, compassionate strategies for recovering from burnout when quitting or taking time off isn't an option. From boundary-setting to small mindset shifts, it's full of doable steps to help you feel human again right where you are.

[Click here to dive in](#)

# SCENE OVER SPIRAL

This section is your reminder that showing up—imperfectly, inconsistently, emotionally—is still showing up.

We've gathered a few tools to help you reframe what progress looks like, embrace the power of collective momentum, and maybe even find joy tucked inside the chaos.

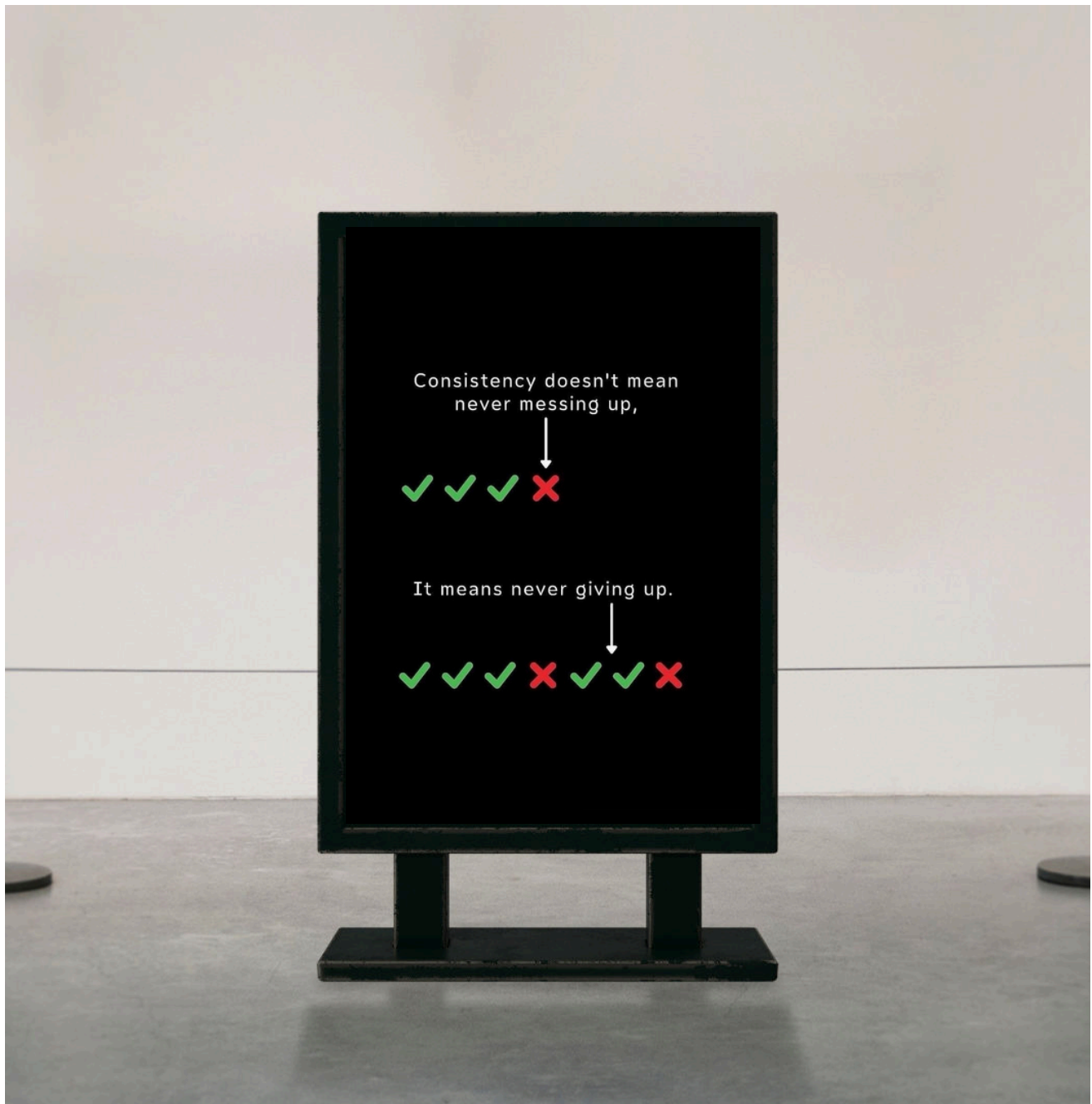
- A visual reframe on what real consistency actually looks like
- A podcast on burnout, resilience, and redefining success through human connection
- A TED Talk that flips the script on happiness and productivity

Because staying in motion matters more than moving fast and you're not in this alone.





# Reframing the Render



## **Keep Showing Up (Even If It's Messy).**

Consistency gets misunderstood. It's not flawless. It's not robotic. And it's definitely not always pretty. Real consistency is showing up. This is your reminder: messing up doesn't cancel your progress. Quitting does. Lean on your people. Laugh when you can. And keep going.

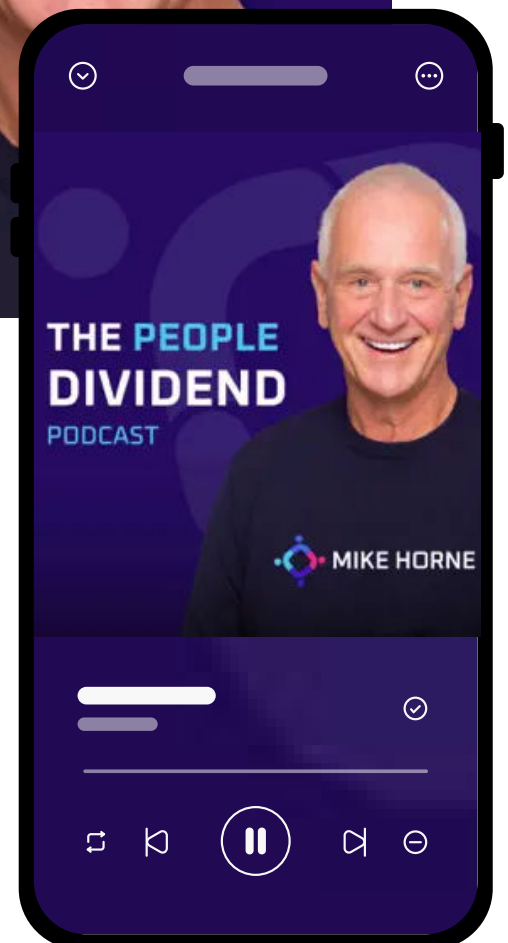
# Podcast Spotlight

## *The People Dividend Podcast*



**Can joy and burnout coexist?** This podcast says yes with a little intention. In this episode of *Uncover the Human*, the hosts dig into what burnout really feels like, how resilience is a *team* skill, and why rediscovering joy at work isn't about forcing positivity. It's about redefining success. Insightful, honest, and a must-listen for anyone feeling stuck in the grind.

<https://podcasts.apple.com/us/podcast/episode-014-burnout-resilience-and-finding-joy-in-work/id1557124313?i=1000655510855>





# Video Spotlight

*TED Talk: There's more to life than being happy*



We believe we should work hard in order to be happy, but could we be thinking about things backwards? In this fast-moving and very funny talk, psychologist Shawn Achor argues that, actually, happiness inspires us to be more productive.

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

# VES BACK POCKET SURVIVAL KIT

**Resilience works better when it's shared.**

Support doesn't have to mean big speeches or dramatic breakthroughs, sometimes it's just knowing you have someone in your corner.


The VES Member Assistance Program is here for exactly that.


Whether you're dealing with burnout, anxiety, or just trying to hold it together mid-deadline, MAP is free, confidential, and built for the realities of creative life.





# VES Member Assistance



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## VES Member Assistance Program

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The Visual Effects Society is pleased to offer a valuable new membership benefit – the VES Member Assistance Program by TELUS – a confidential support service that can help you solve a wide range of problems and challenges at no cost to you.

### Get the support you need, the way you want it.

The Member Assistance Program offers timely, qualified assistance and support to help manage all of life's complexities 24 hours per day, 7 days per week. You can take advantage of private one-on-one counseling services, tap into a wealth of resources on the TELUS website, attend webinars and events on various life concerns and so much more!



**The VES Member Assistance Program (MAP) is a 24/7 support resource available to all members because navigating this industry isn't meant to be a solo mission.** Whether you're managing burnout, feeling stuck, or juggling work-life chaos, MAP offers free, confidential support from licensed professionals who understand that sometimes resilience starts with simply saying, "I'm not okay."

### Here's what you can access through MAP:

- Emotional and mental health support from licensed counselors (available anytime)
- Career guidance and coaching for managing transitions or uncertainty
- Legal and financial consultations to help you handle life's curveballs
- Work-life support resources, including help with childcare, eldercare, and relocation
- Online tools and content to build resilience and support your wellbeing on your terms

You're not expected to have it all figured out. And with MAP, you don't have to go it alone.

**[Click here to visit the page](#)**