

# Resources – Resilience and Coping

## American Psychological Association

- <https://www.apa.org/topics/resilience>

## Anxiety and Depression Association of America

- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

## CDC Recommendations on Stress and Coping

- [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

## Johns Hopkins Medicine

- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>

## Mayo Clinic

- <https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

Pariès, Jean, and John Wreathall. *Resilience Engineering in Practice : A Guidebook*, edited by Erik Hollnagel, CRC Press LLC, 2010. ProQuest Ebook Central, <https://ebookcentral.proquest.com/lib/wfu/detail.action?docID=615608>.

Woods, David D.. *Resilience Engineering : Concepts and Precepts*, edited by Erik, Professor Hollnagel, and Erik Hollnagel, CRC Press LLC, 2006. ProQuest Ebook Central, <https://ebookcentral.proquest.com/lib/wfu/detail.action?docID=429564>.

## World Health Organization

- [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

# Resources – Continuing Education

## RadioActive Digest and Discussion Forum

- <http://www.radres.org>

## Personal/Leadership Development:

- Yale – The Science of Well-being: <https://www.coursera.org/learn/the-science-of-well-being>
- University of Michigan – Leading People and Teams <https://www.coursera.org/specializations/leading-teams>
- University of Illinois – Strategic Leadership and Management <https://www.coursera.org/specializations/strategic-leadership>

## Foreign Language:

- Duolingo: <https://www.duolingo.com/>

## Life Sciences

- John’s Hopkins – Fighting COVID-19 with Epidemiology <https://www.coursera.org/learn/covid19-epidemiology/>

## Data Science

- John’s Hopkins – Data Science <https://www.coursera.org/specializations/jhu-data-science>
- John’s Hopkins – Data Science Using R <https://www.coursera.org/specializations/data-science-foundations-r>
- Deep Learning.AI - Deep Learning <https://www.coursera.org/specializations/deep-learning>
- Stanford – Machine Learning <https://www.coursera.org/learn/machine-learning>
- Data Camp (paid) - <https://www.datacamp.com/>

## Other

- Harvard: <https://online-learning.harvard.edu/catalog/free>
- Stanford: <https://online.stanford.edu/courses>
- Edx: <https://www.edx.org/>
- MIT OpenCourseware: <https://ocw.mit.edu/index.htm#>
- Astrobiology: <https://astrobiology.nasa.gov/education/online-courses/>

# Resources – Data Repositories

- NASA GeneLab  
<https://genelab.nasa.gov/>
  - RadCCORE non-human primate Radiation Survivors Cohort repository  
<https://redcap.wakehealth.edu/redcap/surveys/?s=YP9YMPD7F7>
  - IVY GAP, Allen Institute (Glioblastoma)  
<https://glioblastoma.alleninstitute.org/>
  - Gene expression omnibus (GEO)  
<https://www.ncbi.nlm.nih.gov/geo/>
  - German Thorotrast study  
[https://www.storedb.org/store\\_v3/study.jsp?studyId=1016](https://www.storedb.org/store_v3/study.jsp?studyId=1016)
  - Comprehensive Epidemiologic Data Resource  
<https://oriseapps.orau.gov/CEDR/#.XoNUa4hKg2w>
- ## **REVIEWS**
- Schofield PN, Kulka U, Tapio S, Grosche B. Big data in radiation biology and epidemiology; an overview of the historical and contemporary landscape of data and biomaterial archives. Int J Radiat Biol. 2019 Jul;95(7):861-878. doi: 10.1080/09553002.2019.1589026. Epub 2019 Apr 8. Review. PubMed PMID: 30888231.
  - Zander A, Paunesku T, Woloschak G. Radiation databases and archives – examples and comparisons. Int J Radiat Biol. 2019 Oct;95(10):1378-1389. doi:10.1080/09553002.2019.1572249. Epub 2019 Feb 15. Review. PubMed PMID: 30676164.