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Resource list

**Plenary: Your Priority is You: wellbeing and resilience**

**Leanne Spencer**, Wellbeing and Burnout Prevention Expert

[Instagram](https://www.instagram.com/leannespencerkeynote/) / [LinkedIn](https://linktr.ee/leannespencerkeynote)

**Books**

[Quit: The power of Knowing when to Walk Away](https://www.penguinrandomhouse.com/books/692752/quit-by-annie-duke/), Annie Duke THE POWER OF KNOWING WHEN TO WALK AWAY

[Why We Sleep: Unlocking the Power of Sleep and Dreams](https://www.goodreads.com/book/show/34466963-why-we-sleep), Matthew Walker

[Becoming Bulletproof](https://www.evypoumpouras.com/book), Evy Poumpouras

[Four Thousand Weeks](https://www.oliverburkeman.com/books), Oliver Burkeman

[Blue Zones](https://www.bluezones.com/books/), Dan Buettner

[Candence](https://leannespencer.co.uk/cadence-book/), Leanne Spencer

[Our Wild Farming Life: Adventures on a Scottish Highland Croft](https://www.lynbreckcroft.co.uk/about-us/book/), Lynn Cassells and Sandra Baer

[Wilding](https://knepp.co.uk/wilding-by-isabella-tree), Isabella Tree

**Podcasts**

Rangan Chatterjee - [Feel Better. Live More.](https://drchatterjee.com/blog/category/podcast/)

Bodyshot Performance - [Insights: Why Meditation Is The Best Form Of Self-Defence](https://www.bodyshotperformance.com/insights-why-meditation-is-the-best-form-of-self-defence/)

Bodyshot Performance - [Podcast: Doing Something That Is Meditative](https://www.bodyshotperformance.com/podcast-doing-something-that-is-meditative/)

**Short videos from Bodyshot Performance**

[Box Breathing](https://www.bodyshotperformance.com/national-heart-month-week-1/)

[The 12 Stages Of Burnout](https://www.bodyshotperformance.com/resources/the-12-stages-of-burnout/)

[Eating more plants](https://www.bodyshotperformance.com/eating-more-plants-world-health-day/)

**Other resources**

[Respect your red flags and prevent burnout](https://leannespencer.co.uk/respect-your-red-flags/), Leanne Spencer

*Examples of red flags are listed below; you may find the acronym ‘REDFLAGS’ helps you remember them and most importantly to respect your red flag.*

*You might only experience some of these, or each of them at different times:*

***R****: rage, or quick to become angry* ***E****: emptiness* ***D****: despondency or depression* ***F****: fatigue* ***L****: low mood* ***A****: anhedonia (loss of pleasure in activities you normally enjoy)* ***G****: guilt or a feeling of letting people down* ***S****: self-doubt or low self-esteem*

[Knepp Estate](https://knepp.co.uk/home) - Knepp is a 3,500 acre estate just south of Horsham, West Sussex. Since 2001, the land – once intensively farmed - has been devoted to a pioneering rewilding project. They offer [wildlife safaris, wild accommodation and camping](https://kneppsafaris.co.uk/).