

# State of Disruption: Resilience

Credits

2021

Stress, Anxiety and Resilience in a Time of Disruption

Resilience and the Fight-or-Flight Response

Managing the Stress Response

Happiness Hacks for Resilient People

Writer	Dane Picken
Director	Dane Picken
Director of Photography	Alistair Duffield Michael Crocker
Camera Assistant	Wye Keen Wong
Interviewees	Graham Betchart Jared Horvath Dani Weber
Voice Over	AU/UK: AJ Linstrom US: Aimee Gironimi

Some images and footage from ©Getty Images

Offline Editor	Dane Picken
Online Editor/Motion Graphics	Michael Demetriou
Audio Post-Production	Den Belmont
Production Co-ordinator	Julia Moerman Hellman
Script Editor	Stella Tarakson
Content Resource Co-ordinator	Vicky Lee
Educational Consultant	Kerri Morey Bailey Lawrence

**Commissioning Editor**

Jennifer Gough

**Producer**

Edwina Baden-Powell

**Executive Producer**

Edwina Baden-Powell

**Thanks to**

The Science of Learning

**© 2021 ClickView Pty Ltd**

**Program Code: 21HPE01**