

Self-Care and Coping Skills Resources

TED Talks:

- https://www.ted.com/talks/brene_brown_the_power_of_vulnerability
- https://www.ted.com/talks/brene_brown_listening_to_shame
- https://www.ted.com/talks/sue_klebold_my_son_was_a_columbine_shooter_this_is_my_story
- https://www.ted.com/talks/ash_beacham_we_re_all_hiding_something_let_s_find_the_courage_to_open_up
- https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?referrer=playlist-why_do_we_tell_stories
- https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes
- https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds

Podcasts:

- <https://brenebrown.com/podcast/harriet-lerner-and-brene-im-sorry-how-to-apologize-why-it-matters/>
- <https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>
- <https://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/>
- <https://brenebrown.com/podcast/dr-vivek-murthy-and-brene-on-loneliness-and-connection/>
- <https://brenebrown.com/podcast/brene-with-laverne-cox-on-transgender-representation-advocacy-the-power-of-love/>
- <https://brenebrown.com/podcast/brene-with-ibram-x-kendi-on-how-to-be-an-antiracist/>

Mental Health Books:

- https://www.amazon.com/Gifts-Imperfection-Think-Supposed-Embrace/dp/159285849X/ref=sr_1_2?crid=3BYNXE458B4JQ&dchild=1&keywords=the+gifts+of+imperfection&qid=1602078140&srefix=the+gifts+of%2Caps%2C209&sr=8-2
- https://www.amazon.com/Gift-Therapy-Generation-Therapists-Patients/dp/0061719617/ref=sr_1_1?crid=2MECTZVKPA0EV&dchild=1&keywords=the+gift+of+therapy&qid=1602078168&srefix=the+gift+of+there%2Caps%2C149&sr=8-1
- https://www.amazon.com/Permission-Feel-Unlocking-Emotions-Ourselves/dp/1250212847/ref=sr_1_1?crid=2O9DUWELH9X47&dchild=1&keywords=pe+rmision+to+feel&qid=1602078190&srefix=permission%2Caps%2C150&sr=8-1