

STRESS-HARDINESS: QUALITIES THAT BOLSTER RESILIENCE

RESOURCES

BOOKS

- Ben-Shahar, T. (2009). *The pursuit of perfect: How to stop chasing perfection and start living a richer, happier life*. McGraw Hill.
- Duckworth, A. (2016). *Grit: The power of passion and perseverance*. Scribner, Simon, & Schuster.
- Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. Bantam Books.
- Neff, K. (2011). *Self-compassion: Stop beating yourself up and leave insecurity behind*. HarperCollins Publishers.
- Sandberg, S., & Grant, A. M. (2017). *Option B: Facing adversity, building resilience, and finding joy*. Alfred A. Knopf.
- Zaraska, M. (2020). *Growing young: How friendship, optimism, and kindness can help you live to 100*. Appetite by Random House.

APPS

Gratitude – Happiness Journal

iOS/Android

<https://gratefulness.me>

Insight Timer

iOS/Android

<https://insighttimer.com>

MindShift

iOS/Android

<https://www.anxietycanada.com/resources/mindshift-cbt>

Moodfit


iOS/Android

<https://www.getmoodfit.com>

Sanvello

iOS/Android

<https://www.sanvello.com>

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