

## RESOURCES

### BOOKS

- Clear, J. (2018). *Atomic Habits: An easy, proven way to build good habits and break bad ones*. Penguin Random House Press.
- Hanson, R. (2018). *Resilience: How to grow an unshakable core of calm, strength, and happiness*. Harmony Press.
- Neff, K. (2021). *Fierce self-compassion: How women can harness kindness to speak up, claim their power and thrive*. Harper Collins Press.
- McGonigal, K. (2019). *The joy of movement: How exercise helps us find happiness, hope, connection, and courage*. Avery Press.
- Talbott, S. (2021). *Mental fitness: Maximizing mood, motivation, & mental wellness by optimizing the brain-body-biome*. Turner Publishing Company.
- Tygielski, S. (2021) *Sit down to rise up: How radical self-care can change the world*. New World Library Press.

### ONLINE ARTICLES

- Beete, P. (Ed.). (2020, October 9). *The art and creativity of self-care*. National Endowment for the Arts. <https://www.arts.gov/stories/blog/2020/art-and-creativity-self-care>
- Division of Sleep Medicine. (2008, January 16). *Get sleep: Steps you can take to get good sleep and improve health, work, and life*. Harvard Medical School. <https://healthysleep.med.harvard.edu/need-sleep>
- Hanson, R., & Hanson, F. (2018, March 17). *How to hardwire resilience into your brain*. Greater Good Magazine. <https://greatergood.berkeley.edu/article/item/how-to-hardwire-resilience-into-your-brain>
- Harvard Medical School. (2020, July 6). *Understanding the stress response*. <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>
- McGonigal, K. (2017, July 12). *How to overcome stress by seeing other people's joy*. Mindful. <https://www.mindful.org/overcome-stress-seeing-peoples-joy>
- National Institute on Mental Health. (n.d.). *I'm so stressed out! Fact sheet*. National Institutes of Health. <https://www.nimh.nih.gov/health/publications/stress>
- National Institute on Aging. (2020, November 3). *A good night's sleep*. National Institutes of Health. <https://www.nia.nih.gov/health/good-nights-sleep>
- Shortsleeve, C. (2020, February 25). *Power naps: Your guide to getting more shut-eye*. Healthline. <https://www.healthline.com/health/guide-to-power-naps>
- Tygielski, S. (2021, October 6). *The power of sustainable self-care*. Mindful. <https://www.mindful.org/the-power-of-sustainable-self-care>

### VIDEO

- McGonigal, K. (2013, June). *How to make stress your friend* [Video]. TEDGlobal 2013. [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

Behavioral Health Services  
Employee Assistance Program  
**SELF-CARE: DEALING WITH STRESS**

**APPS**

- CBT-iCoach  
[Android](#) | [iOS](#)
- Insight Timer  
[Android](#) | [iOS](#)
- Smiling Mind  
[Android](#) | [iOS](#)
- UCLA Mindful  
[Android](#) | [iOS](#)
- Healthy Minds Program  
[Android](#) | [iOS](#)
- Mindfulness Coach  
[Android](#) | [iOS](#)
- Tactical Breather  
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