

RESOURCES

BOOKS

Feiler, B. (2021). *Life is in the transitions: Mastering change at any age*. Penguin Random House.

Harris, D. (2014). *10% Happier: How I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works – A true story*. Harper Collins.

Reivich, K. & Shatte, A. (2003). *The resilience factor: 7 Keys to finding your inner strength and overcoming life's hurdles*. Broadway Books.

ONLINE ARTICLES

Best Life Editors. (2018, July 25). *Here's what happens to your body when you laugh*. Best Life.

<https://bestlifeonline.com/laughter-effects>

Blum, D. (2021, May 6). The other side of languishing is flourishing. Here's how to get there. *The New York Times*. <https://www.nytimes.com/2021/05/04/well/mind/flourishing-languishing.html>

NYU Langone Health. (2020, May). *Growing our resilience & wellbeing during COVID-19*.

<https://nyulangone.org/news/growing-our-resilience-wellbeing-during-covid-19>

Robinson, L., & Smith, M. (2021, November). *Surviving tough times by building resilience*. HelpGuide.

<https://www.helpguide.org/articles/stress/surviving-tough-times.htm>

WEBSITES

Greater Good Science Center, UC Berkeley

<https://greatergood.berkeley.edu>

Mental Health is Health

<https://www.mentalhealthishealth.us>

PODCASTS

Brown, B. (Host). (2020–present). *Dare to lead with Brené Brown* [Audio podcast].

<https://brenebrown.com/podcast-show/dare-to-lead>

Brown, B. (Host). (2020–present). *Unlocking us with Brené Brown* [Audio podcast].

<https://brenebrown.com/podcast-show/unlocking-us>

Harris, D. (Host). (2016–present). *Ten percent happier with Dan Harris* [Audio podcast]. Ten Percent Happier.

<https://www.tenpercent.com/podcast>

Salzberg, S. (Host). (2013–present). *Metta hour Podcast with Sharon Salzberg* [Audio podcast].

<https://www.sharonsalzberg.com/metta-hour-podcast>

Santos, L. (Host). (2019–present). *The happiness lab with Dr. Laurie Santos* [Audio podcast]. The Happiness Lab.

<https://www.happinesslab.fm>

Shankar, M. (Host). (2021–present). *A slight change of plans with Maya Shankar* [Audio podcast].

<https://mayashankar.com/podcast>

Behavioral Health Services
Employee Assistance Program
**COPING WITH COVID:
WAYS TO ADJUST TO YOUR NEW NORMAL**



VIDEO

TED. (2021, September 28). *Adam Grant: How to stop languishing and start finding flow* [Video]. YouTube.
<https://www.youtube.com/watch?v=a3zPgyvCiJl>

APPS

Insight Timer	I-Breathe	Motivation – Daily Quotes
Android iOS	iOS only	Android iOS

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