

CULTIVATING CONTENTMENT FOR IMPROVED MENTAL HEALTH

RESOURCES

BOOKS

Feliciano, N. (2022). *This book won't make you happy: Eight keys to find true contentment*. Broadleaf Books.

Harris, R. (2022). *The happiness trap: Stop struggling, start living* (2nd ed.). Shambhala.

Holiday, R. (2019). *Stillness is the key*. Portfolio.

ONLINE ARTICLES

Kristenson, S. (2021, October 27). *Happiness vs contentment: Which should you seek in life?* Happier Human.

<https://www.happierhuman.com/happiness-vs-contentment>

Pearce, J. (2019, September 11). The essence of contentment: How acceptance promotes happiness. *Good Therapy Blog*. <https://www.goodtherapy.org/blog/the-essence-of-contentment-how-acceptance-promotes-happiness-0911194>

Rosenberg, J. (n.d.). *Sustainable happiness: How to find contentment that will last*. Happify.

<https://www.happify.com/hd/sustainable-happiness-how-to-find-contentment-that-will-last>

Whiting-Madison, C. (2022, March 31). *Happiness vs contentment: What is the real goal?* Examiner-Enterprise.

<https://www.examiner-enterprise.com/story/lifestyle/2022/03/31/happiness-versus-contentment-what-real-goal/7190719001>

WEBSITES

[Self-Compassion.org](https://www.self-compassion.org)

Information and research on self-compassion

[Greater Good Magazine](https://www.greatergoodmagazine.com)

Science-based insights for a meaningful life

PODCAST EPISODES

Mezzino, R., & Tuttle, T. (Hosts). (2020, November 24). Happiness vs contentment [Audio podcast episode]. In *Be Uncluttered*. <https://beuncluttered.podbean.com/e/happiness-vs-contentment>

Monte, M. (Host). Finding contentment in an endlessly dissatisfied world with Jamie Varon [Audio podcast episode]. In *Mind Love*. <https://mindlove.com/231>

Wells, K. J. (Host). (2019, May 22). Happiness vs. contentment: What you should strive for and why (No. 006) [Audio podcast episode]. In *Maximized Minimalist Podcast*. <https://minimalist-movement.libsyn.com/006-happiness-vs-contentment>

VIDEOS

TEDx Talks. (2018, September 14). *Dr. Seuss' guide to contentment* [Video]. YouTube.

<https://www.youtube.com/watch?v=BISICKSKbQY>

Weil, A. (2011, November 3). *Happiness vs. contentment* [Video]. YouTube.

<https://www.youtube.com/watch?v=EYXYuADualc>

MINDFULNESS + COMPASSION PRACTICES

Schultz, K. (2021, September 17). *Mindfulness*. DBT Self-Help.

<https://dbtselfhelp.com/dbt-skills-list/mindfulness>

Neff, K. (n.d.). *Self-compassion guided practices and exercises*.

Self-Compassion. <https://self-compassion.org/category/exercises>

Neff, K. (n.d.). *Test how self-compassionate you are*. Self-Compassion.

<https://self-compassion.org/self-compassion-test>