



## **RESOURCES FOR MENTAL WELLNESS**

### **1. BOOKS:**

- a. THE 5 MINUTE JOURNAL (Amazon or Chapters online)
- b. THE JOURNEY INTO YOURSELF by Eckart Tolle
- c. WHEREVER YOU GO, THERE YOU ARE: MINDFULNESS MEDITATION IN EVERYDAY LIFE by Dr. John Kabat-Zinn
- d. ATOMIC HABITS by James Clear
- e. RADICAL SELF-ACCEPTANCE by Tara Brach
- f. WHEN THE BODY SAYS NO by Dr. Gabor Mate
- g. EASE GRIEF by Bellruth Naparstek
  - i. Naparstek published a variety of audio meditation books including “Anger and Forgiveness”, “Ease Stress” and many more

### **2. APPS FOR MEDITATION AND WELLNESS:**

- a. 10% HAPPIER
- b. CALM
- c. HEADSPACE
- d. INSIGHT TIMER

### **3. PODCASTS:**

- a. TARA BRACH
- b. 10 PERCENT HAPPIER
- c. UNLOCKING US (BRENE BROWN)

### **4. MENTAL HEALTH RESOURCES:**

- a. LOCAL GOVERNMENTAL MENTAL HEALTH CLINIC
- b. PRIVATE PRACTICE: PSYCHOLOGISTS & REGISTERED CLINICAL COUNSELLORS