



Resources for Emotional Wellbeing

RESOURCES FOR DEPRESSION



BOOKS

“Feeling Good: The New Mood Therapy” by Burns DD

This self-help book is based on Cognitive Behavioral Therapy (CBT)

“Mind Over Mood: Change How You Feel by Changing the Way You Think”

by Dennis Greenberger and Christine Padesky

The Happiness Trap, by Dr. Russ Harris

A self-help book based on Acceptance and Commitment Therapy (ACT)

“The Noonday Demon; An Atlas of Depression” by Andrew Solomon



WEBSITES

Beyond Blue <https://www.beyondblue.org.au/>

This website provides questionnaires to allow self-assessment of depression and anxiety. It provides information sheets on depression and anxiety disorders.

MoodGYM <https://moodgym.com.au/>

This cognitive behavioral website teaches people to use ways of thinking that will help prevent and reduce symptoms of depression.

National Institute of Mental Health (NIMH) www.nimh.nih.gov

This US government site gives a wealth of excellent up-to-date information on depression in the form of downloadable booklets and fact sheets.



VIDEOS

“I Had a Black Dog” <https://www.youtube.com/watch?v=XiCrniLQGYc>

“Boundaries with Brene Brown” <https://www.youtube.com/watch?v=5U3VcgUzqil>

“The Happiness Trap” by Dr. Russ Harris <https://thehappinesstrap.com/free-resources/>



ARTICLES

"The Difference Between Feeling Sad and Depression"

https://www.mentalhealthfirstaid.org/2019/10/the-difference-between-feeling-sad-and-having-depression/?fbclid=IwAR2403qA5KDBY_IUDdDvVOUbsAjHdaRSDjFqgfqiPOzWm2F054AcBONbngc

"The Complex Connection Between Depression and Our Bodies"

<https://www.psychologytoday.com/intl/blog/happiness-is-state-mind/201907/the-complex-connection-between-depression-and-our-bodies>

"Depression: The basics"

https://www.nimh.nih.gov/health/publications/depression/19-mh-8079-depressionbasics_140843.pdf

RESOURCES FOR ANXIETY



BOOKS

"The Anxiety & Phobia Workbook" by Edmund J. Bourne

This is an excellent self-help book based on Cognitive Behavioral Therapy (CBT).

"10 Simple Solutions to Panic: How to Overcome Panic Attacks,

Calm Physical Symptoms, & Reclaim Your Life" by Martin M. Antony, Randi E. McCabe

This small-format self-help book is based on cognitive behavioral therapy principles and can help cope with panic attacks.

"The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms" by Mary Beth Williams, Soili Poijula

This self-help book draws on techniques and interventions used by post-traumatic stress disorder experts to offer trauma survivors the most effective tools available to conquer distressing symptoms.

"Feeling Good: The New Mood Therapy" by David D. Burns

"Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry" by Catherine M. Pittman, Elizabeth M Karle

"The Power of Now" by Eckhart Tolle

"Be Calm: Proven Techniques to Stop Anxiety Now" by Jill P. Weber

Deep Dives into the science behind anxiety and your emotions

"10% Happier: How I Tamed the Voice" by Dan Harris

Teaches the art of meditation for skeptics to practice inner peace

Retrain Your Brain: Cognitive Behavioral Therapy" by Seth J. Gillihan

"It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered" by Lysa TerKeurst





WEBSITES

Beyond Blue <https://www.beyondblue.org.au/>

This website provides questionnaires to allow self-assessment of depression and anxiety. It provides information sheets on depression and anxiety disorders.

Mind

https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/#.XcbQGr9S_fY

This website explains anxiety and panic attacks, including possible causes and tips for helping yourself, and guidance for friends and family.



VIDEOS

"4 Ways to Stop an Anxiety Spiral" <https://www.youtube.com/watch?v=-YB9eJjBtkE>

"Learn Meditation in 5 minutes with Dan Harris"
<https://www.youtube.com/watch?v=LKZ9sN3nL2c>

"Why Mindfulness is the New SuperPower – Featuring Dan Harris"
<https://www.youtube.com/watch?v=Wlj8St0inLE>

"Boundaries with Brene Brown" <https://www.youtube.com/watch?v=5U3VcgUzqil>



ARTICLES

"What is Anxiety?"

<https://www.psychologytoday.com/intl/basics/anxiety>

"Methods of Alleviating Anxiety"

<https://www.psychologytoday.com/intl/blog/the-resilient-brain/201407/methods-alleviating-anxiety>

"Is my Anxiety Normal or Do I Have an Anxiety Disorder?"

<https://www.psychologytoday.com/intl/blog/what-mentally-strong-people-dont-do/201909/is-my-anxiety-normal-or-do-i-have-anxiety-disorder>

"50 Strategies to Beat Anxiety"

<https://www.psychologytoday.com/intl/blog/in-practice/201503/50-strategies-beat-anxiety>

"Understanding Brain Circuits of Fear, Stress, and Anxiety"

<https://www.psychologytoday.com/intl/blog/the-mindful-self-express/201909/understanding-brain-circuits-fear-stress-and-anxiety>



RESOURCES FOR ANXIETY AND DEPRESSION



ARTICLES

"5 Ways to Manage Your Mental Health Over the Holidays"

https://www.forbes.com/sites/francesbridges/2019/10/28/5-ways-to-manage-your-mental-health-over-the-holidays/?fbclid=IwAR1Rs1EvV2UMTMdnh1uDutj7hJT-3sbuk1B-1zB_5qkRialqmtUV-A3BVm8#52a709f931ed

"Practicing Self-Compassion Can Boost Your Mental Health"

<https://www.mindful.org/practicing-self-compassion-can-boost-your-mental-health/?fbclid=IwAR29-z5FvmyAtFYR3ccSg4s7agdRttPE0lecEg4TgmiFqVbxqerSB5LS2eA>

"Tips, Tricks, and Support for Depression and Anxiety in Dubai" <http://www.dubaiweek.ae/dxb-guides/54234/depression-and-anxiety-in-dubai/?fbclid=IwAR3P9h6HlgSQo6Tuvl0LtUjZqlvCdX5oGOjrQvrl07JFJfS2xvmz9ppzcp4>

"How Yoga Reduces Stress and Promotes Mental Health"

https://thriveworld.com/stories/how-yoga-reduces-stress-and-promotes-mental-health/?fbclid=IwAR35W7wAo9vbdycar9LOkKZRljCFF0m-Obpy7mfE_2kB-0cfO5py83CJwNEukHVpdKCcOy71b9wMfiPbmcnoB79im5bfppIA0cyVQY

"Regret Can Seriously Damage Your Mental Health – Here's How to Leave It Behind"

<https://www.theguardian.com/lifeandstyle/2019/jun/27/regret-can-seriously-damage-your-mental-health-heres-how-to-leave-it-behind?fbclid=IwAR04pks7O-zsLijwukHVpdKCcOy71b9wMfiPbmcnoB79im5bfppIA0cyVQY>

"Discovering Your Peace of Mind in A Fast-Paced Life"

<https://en.vogue.me/beauty/discover-your-peace-of-mind/?fbclid=IwAR2JNzJooM0Gd5GArtm4fR-OVrYi8e5dt46UVHpS2BVDVAr-arj3W5KJnps>

"How to Honor Your Self-Care When Others Around You Don't"

https://thriveworld.com/stories/how-to-honor-your-self-care-when-others-around-you-dont/?fbclid=IwAR3PdImfjKpDkZfozHZ_6G3DV07mRjbfhMFXN5wnKwzoyJ2gDMExyttW4w

"How to Tame the Voices of Shame That Fuel Perfectionism"

<https://www.psychologytoday.com/intl/blog/perfectly-hidden-depression/201910/how-tame-the-voices-shame-fuel-perfectionism>

"Why Self-Care Is Essential for Mental Health – and How to Practice it Without Spending a Penny"

https://people.com/health/self-care-free-tips-mental-health/?fbclid=IwAR0DSmLEJDnN WJREp9bQTGgMinTMGrarKF_gVel-PR76NI0ZqyS3oVthJLg

"How Do we Regulate Emotions in Depression & Anxiety"

<https://www.psychologytoday.com/intl/blog/psychiatry-the-people/201909/how-do-we-regulate-emotions-in-depression-and-anxiety>



RESOURCES FOR RELATIONSHIPS



BOOKS

"The Seven Principles for Making Marriage Work" John M. Gottman

"What Makes Love Last?" by John M. Gottman

"Getting the I Love You Want" by Harville Hendrix

"Daring Greatly" by Brene Brown

"The New Rules of Marriage" by Terry Real

"The Road Less Traveled" by M. Scott Peck

"Codependent No More" by Melody Beattie

"I and Thou" by Martin Buber



VIDEOS

Brene Brown https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

"Call to Courage", Brene Brown **Netflix**

RESOURCES FOR MINDFULNESS



BOOKS

"Silence" by Thich Nhat Hanh

"How to Walk" by Thich Nhat Hanh

"Be Here Now" by Ramm Das

"Mindsight" by Daniel Siegel



VIDEOS

Mindfulness and Neural Integration, Daniel Siegel
<https://www.youtube.com/watch?v=LiyaSr5aeho&feature=youtu.be>



RESOURCES FOR ADDICTION



BOOKS

"In the Realm of Heavenly Ghosts" by Gabor Mate

"Recovery" by Russell Brand



VIDEOS

Rachel Wurzman

https://www.ted.com/talks/rachel_wurzman_how_isolation_fuels_opioid_addiction?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Johann Hari <https://youtu.be/PY9DclMGxMs>

Gabor Mate <https://youtu.be/66cYcSak6nE>

