

QoL Resources

Resources to calm the body and mind and assist with depression and anxiety

Tapping In, book by Laurel Parnell

EFT Manual, book by Gary Craig

Feeling Good The New Mood Therapy, book by David Burns

www.Self-compassion.org Kristen Neff PhD

“Your Body Language Shapes Who You Are” TED talk Amy Cuddy(20:00)

Yoga Nidra meditations (numerous) by Tripura Mandala on YouTube for sleep and stress management

www.emdria.org for EMDR therapists

www.psychologytoday.com for therapists

Free Apps:

Mindfulness Coach

Mood Coach

Breath, Think, Do

CBT-I Coach

Breath2Relax

T2 Mood Tracker

Virtual Hope Box

Resources for Support System

Option B Facing Adversity, Building Resilience, and Finding Joy book by Sandberg and Grant

www.butyoudontlooksick.com website “spoon theory” to help explain Cushings to loved ones.