

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

Tapping In, a book by Laurel Parnell

EFT Manual, a book by Gary Craig

Feeling Good The New Mood Therapy, a book by David Burns

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

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

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

www.Self-compassion.org Kristen Neff PhD

www.emdria.org for EMDR therapists

www.psychologytoday.com for therapists

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

Free Apps:

Mindfulness Coach

Mood Coach

Breath, Think, Do

CBT-I Coach

Breath2Relax

T2 Mood Tracker

Virtual Hope Box

Resources for Support System