

GENERAL Mental Health Resources

1. **Books to consider** (most at FVRL libraries):

- a. Brene Brown - *Atlas of the Heart* - building emotional literacy
- b. Emily P Freeman - *The Next Right Thing* (try the journal too)
- c. Hillary McBride – *The Wisdom of Your Body* - (Interviewed Ep 213 *The Next Right Thing*)
- d. Melissa Urban – *The Book of Boundaries* (interviewed on *Everything Happens*)

2. **Podcasts:**

- *Unlocking Us* by Brene Brown
Helpful Episodes: FFTs, Permission to Feel, Burnout, Atlas of the Heart
- *The Next Right Thing:* by Emily P Freeman
<https://emilypfreeman.com/podcast/> provides some categories to start
- *Everything Happens* – Kate Bowler
Survived cancer at age 35, some helpful episodes: “Art of Noticing”, “Boundaries”

3. **TED Talks** - [Brene Brown - The Power of Vulnerability](#), [Brene Brown - Listening to Shame](#)

4. **Websites / Apps:**

- **Mood Meter UNH Connect** : 2pg method to aid mapping out our emotions and improve relationships
- **My SleepWell.ca** - lots of tips, activities, and resources to improve sleep w/o meds
- **Headspace** app - ~90\$/yr, has mindfulness, brief exercises regimes, sleep stories, pain control course
- **How to Break up With your Phone**: <https://catherineprice.com/screenlifebalance>
- Various resources w/ helpful info: AnxietyCanada.ca, KeltysKey.com, cci.health.wa.gov.au

5. **Counselling:** (if they are full, ask them for recommendations, often they can think of someone)

1. Counsellors - Search at <https://bcacc.ca/counsellors/>
2. Psychologists (higher training, higher fees) - search at https://www.psychologists.bc.ca/find_psychologist