

INFORMATION & RESOURCES TO SUPPLEMENT YOUR THERAPEUTIC JOURNEY

AdventuresoftheHeartandMind.com

Resources@AdventuresoftheHeartandMind.com

(951) 541-1898



Supplemental Therapy Resources

On your journey, therapy is just one aspect of wellness that supports your mental health. The AHM team has cultivated a number of psychoeducational materials to supplement your therapeutic work outside of session. These resources are meant to act as additions to therapy, not as a substitute. We have curated a diverse directory to meet the diverse needs of those we serve, so not every resource will be a fit for every individual. Work collaboratively with your therapist for personalized recommendations and please be aware that resources may contain sensitive topics and issues that may be triggering to some individuals, so please consider this potential impact and consult directly with your therapist for personalized recommendations.

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Disclaimer: IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY PLEASE CALL 911 OR VISIT YOUR LOCAL EMERGENCY ROOM. These resources are offered with the intention of connecting individuals to diverse resources to promote positive and balanced mental health and wellness while acknowledging the diverse needs of each individual. These resources are provided at no cost to recipients and no compensation is exchanged between AHM and other parties for referrals. We recognize that each and every option offered will be the best fit, so we encourage you personal exploration to determine the personal appropriateness of any and all resources, information or referral provided. AHM is not responsible or liable in any way for any acts or omissions of any third party that you choose to contact or hire. You should conduct your own due diligence, including but not limited to contacting the Better Business Bureau and conducting independent research, before contacting and/or hiring any of these third parties. AHM exchanges no money (by not accepting compensation or providing compensation) for referrals or resources. Reproduction of this original material is encouraged and meant to be shared; we simply ask that you do not reproduce altered versions of this material without permission. Your use of the AHM Information and Referral Services Database is governed by the Terms and Conditions found at <https://adventuresoftheheartandmind.com/terms-of-use> and may be amended and/or modified from time to time.

Articles

Title/Link	Categories
Association Between Mental Health Disorders and Mortality Among Patients With COVID-19	COVID-19, Mental Health
CDC adds mental health disorders to list of conditions linked to higher risk of severe COVID-19	COVID-19, Mental Health
Smart Goals: Definition and Examples	Career Development
Anxiety disorder: Abnormal heart-brain connection identified	Anxiety
Complicated Grief & Prolonged Grief Disorder	Grief
How to Regain Lost Self Confidence	Self Esteem, Confidence, Perfectionism
Why mental healthcare is less accessible to marginalized communities	Mental Health, Marginalized Communities
Eustress Vs. Distress: What is the difference?	Stress
What is a social battery?	Energy, Introversion, Extroversion, Social Anxiety
The 7 Types of Rest that Every Person Needs	Rest, Self Care
College Planning Guide For Students With Mental Health Disorders	Mental Health Resources For College Students

Books

Title/Link	Categories	Comments/Why We Love/Connection To Mental Health
The Gifts of Imperfection by Brené Brown	Perfectionism, Authenticity, Joy	Description from the publisher: “A motivational and inspiring guide to wholehearted living, rather than just the average self-help book, with this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an “imperfect” life and embracing living authentically.”
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk	Trauma, Somatic Body Work	A biological understanding of how trauma can impact our bodies and minds.
Ethical Slut by Dossie Easton & Janet Hardy	Ethical Non-Monogamy, Boundaries	A guide for singles and couples who want to explore polyamory in ways that are ethically and emotionally sustainable.
Adult Children of Emotionally Immature Parents by Lindsay C. Gibson	Family Dynamics, Self Discovery	Excellent perspective and helpful insight and advice for anyone who grew up in a family with an emotionally immature parent where their own emotional needs were not met.
Daring Greatly by Brené Brown	Authenticity, Vulnerability, Shame, Showing Up	Description from the publisher: “Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage.
Know My Name by Chanel Miller	Sexual Assault, Healing From Trauma, Resilience	Powerful and emotional. Understanding what trauma looks like through the eyes of a sexual assault survivor. Lots of deep and heartfelt/heart wrenching insight into how sexual assault and rape is handled in our culture and justice system.
Not All Black Girls Know How to Eat by Stephanie Covington Armstrong	Eating Disorders, BLM, Poverty, Foster Care, Sexual Abuse	Description from the publisher: “In this moving first-person narrative, Armstrong describes her struggle as a black woman with a disorder consistently portrayed as a white woman’s problem. Trying to escape her self hatred and her food obsession by never slowing down, Stephanie becomes trapped in a downward spiral. Finally, she can no longer deny that she will die if she doesn’t get help, overcome her shame, and conquer her addiction to using food as a weapon against herself.”

What a Time to Be Alone by Chidera Eggerue	Self Care, Personal Power, Boundary Setting, Being Your Own Partner And Best Friend	Lighthearted, relatable, easy read, graphically beautiful, great tips and advice about setting boundaries and self care. Helps validate and empower us to feel like we are enough and that being alone is not only okay but sometimes what is best for us.
Life is a Verb by Patti Digh	Living With Intention	Description from the publisher: "In October 2003, Patti Digh's stepfather was diagnosed with lung cancer. He died 37 days later. The time frame made an impression on her. What emerged was a commitment to ask herself every morning: What would I be doing today if I had only 37 days left to live? The answers changed her life and led to this new kind of book. Part meditation, part how-to guide, part memoir, Life is a Verb is all heart."
The Productivity Project by Chris Bailey	Productivity, Balance, Energy Management	From the authors website: Inside you'll find a treasure trove of productivity tactics, like: <ul style="list-style-type: none"> -Consuming caffeine strategically, not habitually. -Scheduling less time for important tasks. -Slowing down to work more deliberately. -Shrinking and eliminating the unimportant. -Striving for imperfection. -The 20 second rule to distract yourself from the inevitable distractions. -The idea of productive procrastination.
Radical Self Acceptance by Tara Brach *Audiobook/CD	Self Acceptance, Releasing From Shame	Easy meditations for beginners and guidance for accepting ourselves and releasing ourselves from shame. Helpful perspectives on empathy and understanding not only for ourselves and our pain and shame but for others as well.

Brochures: Mental Health Information

Title/Link	Categories	Source
Depression	Depression	NIMH
Depression in Women	Depression, Women's Mental Health	NIMH
Perinatal Depression	Depression, Postpartum Depression	NIMH
Depression in Men	Depression, Men's Mental Health	NIMH
Older Adults & Depression	Depression, Seniors Mental Health	NIMH
Chronic Illness & Mental Health	Depression, Chronic Illness	NIMH
Seasonal Affective Disorder	SAD, Depression	NIMH
Social Anxiety Disorder	Anxiety	NIMH
Generalized Anxiety Disorder	Anxiety	NIMH
Panic Disorder	Panic Disorder, Anxiety	NIMH
PTSD	Trauma, Stress	NIMH
Stress	Stress	NIMH
Eating Disorders	Eating Disorders	NIMH
Obsessive Compulsive Disorder	OCD, Anxiety	NIMH
Borderline Personality Disorder	BPD	NIMH
Bipolar Disorder	Bipolar Disorders	NIMH
Helping Someone in Emotional Pain	Support, Suicide	NIMH
Preventing Adverse Childhood Experiences	ACEs, Trauma, Health, Prevention	CDC

Preventing Elder Abuse	Elder Abuse, Violence, Prevention	CDC
Preventing Intimate Partner Violence	IPV, Domestic Abuse, Violence, Prevention	CDC

Brochures: Consensual Non-Monogamy/Kink		
Title/Link	Categories	Source
Got Consent?: Consensual Non-Monogamy	Consensual Non-Monogamy, Consent	NCSF
Got Consent?: Kink	Kink, Consent	NCSF
What is Alternative Sexuality?	Kink, Polyamory, BDSM, CNM	NCSF
Finding Kink Aware Medical Care	Kink, Medical Care	NCSF
Finding a Kink and CNM Aware Therapist	Finding a Kink and CNM Aware Therapist	NCSF

Brochures: LGBTQIA+	
Title/Link	Source
Non-Binary Fact Sheet	APA Div. 44
Pronouns Fact Sheet	APA Div. 44
Transgender Identity in Children	APA Div. 44
Transgender Identity in Adolescents	APA Div. 44
Facts About Conversion Therapy	APA Div. 44
Intersex 101 Fact Sheet	Interact
Know Your Rights for Parents of Intersex Youth	Interact

Meditation & Mindfulness

Title/Link	Categories	Comments/Why We Love/Connection To Mental Health
Mindfulness Daily with Tara Brach & Jack Kornfield	Mindfulness	Mindfulness Daily brings you a 40-day online training in mindfulness meditation with Tara Brach and Jack Kornfield. Each daily 10–15 minute lesson includes a short talk and guided meditation designed to assist in establishing a meditation practice. **Free Daily Online Trainings
Mindfulness Daily at Work with Tara Brach & Jack Kornfield	Integrating Mindfulness Into Your Workday	Reduce stress, enhance performance, and improve overall well-being in less than 15 minutes a day! Led by Tara Brach and Jack Kornfield, this free 40-day course teaches concepts that can help you integrate mindfulness into your workdays. **Free Daily Online Trainings
Pandemic Care Resources	Guided Meditations	From Tara Brach: While it's natural to feel fear during times of great collective crisis, our challenge is that fear easily takes over our lives. Mindfulness and compassion practices can help us find an inner refuge, and deepen our loving connection with each other. This list of talks and guided meditations will support you through these difficult times.
UCSD Center for Mindfulness	Guided Meditations	Free guided audio & video mindfulness meditations provided by UCSD Center for Mindfulness. Meditations on compassion, kindness, mindful movement and more. Other resources are also provided.
Self-Compassion Guided Practices and Exercises	Guided Self-Compassion Practices & Exercises	“Mindful Self-Compassion combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Randomized controlled trials have demonstrated that MSC significantly increases self-compassion, compassion for others, mindfulness, and life satisfaction, as well as decreasing depression, anxiety and stress.”

Movies & TV

Title/Link	Categories	Comments/Why We Love/Connection To Mental Health
13th	BLM, Mass Incarceration	Film: Documentary (2016). Description from Netflix: "In this thought-provoking documentary, scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom."
Say Her Name: The Life and Death of Sandra Bland	BLM	Film: Documentary (2018). Description from HBO: "Say Her Name: The Life and Death of Sandra Bland explores the death of Sandra Bland, a politically active 28-year-old African American who, after being arrested for a traffic violation in a small Texas town, was found hanging in her jail cell three days later. Dashcam footage revealing her arrest went viral, leading to national protests."
Crip Camp: A Disability Revolution	Disability, Disability Awareness	Film: Documentary (2020). Description from Netflix: "A groundbreaking summer camp galvanizes a group of teens with disabilities to help build a movement, forging a new path toward greater equality."
Disclosure	LGBTQ+, Trans Awareness	Film: Documentary (2020). Description from the film website: "DISCLOSURE shows audiences that decades-old stereotypes, memes, and tropes in the media both form and reflect our understanding of trans issues. They have shaped the cultural narrative about transgender people, and inform everything from dating and domestic violence, to school policy and national legislation. Since 80% of the population have never met a transgender person, all they know is rooted in media depictions, which are predominantly problematic and have rarely included participation by actual trans people. DISCLOSURE is aimed at that 80%."
The Mask You Live In	Gender Issues, Cultural Definitions of Masculinity	Film: Documentary (2015). Description from The Representation Project: "The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity."
Bully	Bullying	Film: Documentary (2011). Description from The Bully Project: "BULLY is a beautifully cinematic, character-driven documentary. At its heart are those with huge stakes in this issue whose stories each represent a different facet of America's bullying crisis. Filmed over the course of the 2009/2010 school year, BULLY opens a window onto the pained and often endangered lives of bullied kids, revealing a problem that transcends geographic, racial, ethnic and economic borders."
Audrie & Daisy	Sexual Assault, Bullying, Depression, Suicide	Film: Documentary (2016). Description from the Audrie & Daisy film website: "AUDRIE & DAISY is an urgent real-life drama that examines the ripple effects on families, friends, schools and communities when two underage young women find that sexual assault crimes against them have been caught on camera."

Miss Representation	Representation of Women in the Media	Film: Documentary (2011). Description from The Representation Project: “The film draws back a curtain to reveal a glaring reality we live with every day but fail to see – how the media’s limited and often disparaging portrayals of women and girls makes it difficult for women to feel powerful and achieve leadership positions.”
Closure	Adoption, Trans-racial Adoption, Family Dynamics	Film: Documentary (2013). Description from the film website: “A documentary about a transracial adoptee who finds her birth mother, and meets the rest of a family who didn’t know she existed, including her birth father. A story about identity, the complexities of trans-racial adoption, and most importantly, closure.”
Sound & Fury	Deaf Community and Culture, Deaf Awareness	Film: Documentary (2000). Description from the IMDb website: “If you could make your deaf child hear, would you? Academy Award-nominated Sound and Fury follows the intimate, heart-rending tale of the Artinians, an extended family with deaf and hearing members across three generations. Together they confront a technological device that can help the deaf to hear but may also threaten deaf culture - and their bonds with each other.”
Hoop Dreams	BLM	Film: Documentary (1994). Description from the IMDb website: “A film following the lives of two inner-city Chicago boys who struggle to become college basketball players on the road to going professional.”
Murderball	Disability, Disability Awareness	Film: Documentary (2005). Description from the IMDb website: “Quadriplegics, who play full-contact rugby in wheelchairs, overcome unimaginable obstacles to compete in the Paralympic Games in Athens, Greece.”
Hillbilly	Hillbilly” Stereotypes in Media & Culture, Diversity in Appalachia	Film: Documentary (2018). Description from Hillbilly film website: “It introduces audiences to a nuanced, authentic Appalachia that is quite conscious of how it has been portrayed and the impacts of those portrayals. The documentary deconstructs mainstream representations while asking crucial questions: Where did the hillbilly archetype come from and why has it endured on-screen for more than a hundred years? How does it relate to the exploitation of the land and people who live there? How do Appalachian and rural people view themselves as a result of these negative portrayals, and what is the impact on the rest of America?”
Visible: Out on Television	LGBTQ+ Awareness	TV Series: Documentary (2020). Description from AppleTV: “Explore the history of the American LGBTQ movement through the lens of TV in this five-part docuseries.”
Aging Out	Foster Care, Non-Minor Dependents	Film: Documentary (2004). Description from IMDb: “Navigating the transition from adolescence to adulthood is challenging for even the most mature and privileged youth. For three young people in New York and Los Angeles, making the transition to independent living is considerably more difficult as they "age out" of the foster care system and suddenly discover, for the first time, that they're on

		their own.”
Pose	LGBTQ+, Trans Representation & Awareness, AIDS, NY Ballroom Scene	TV Series: Drama (2018-2021). Show description from FX: “Pose is a drama spotlighting the legends, icons and ferocious house mothers of New York’s underground ball culture, a movement that first gained notice in the late 1980s. Making television history, Pose features the largest cast of transgender actors in series regular roles...”
The Perks of Being a Wallflower	Depression, Anxiety, PTS, LGBTQ+, Sexual Abuse	Film: Drama (2012). Description from IMDb: “Based on the novel written by Stephen Chbosky, this is about 15-year-old Charlie (Logan Lerman), an endearing and naive outsider, coping with first love (Emma Watson), the suicide of his best friend, and his own mental illness while struggling to find a group of people with whom he belongs.”
Beautiful Boy	Substance Abuse, Family Dynamics, Depression	Film: Drama (2018). Description from Amazon: “Based on the best-selling pair of memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring experience of survival, relapse and recovery in a family coping with addiction over many years.”
Short Term 12	Foster Care, Group Home Life, Mental Health	Film: Drama (2013). Description from IMDb: “At a foster-care facility for at-risk teenagers, Grace is a young counselor trying to do her best for kids who often have been pulled from the worst kinds of home situations. Even then, life is not easy as Grace and her colleagues care for kids who are too often profoundly scarred, even as they try to have lives of their own.”
To The Bone	Eating Disorders	Film: Drama (2017). Description from Netflix: “Ellen, a 20-year-old with anorexia nervosa, goes on a harrowing, sometimes funny journey of self-discovery at a group home run by an unusual doctor.”
Thin	Eating Disorders	Film: Documentary (2006). Description from HBO: “Eating disorders affect five million people in the U.S. This film documents some of the faces behind these numbers at Renfrew, a facility dedicated to helping women and girls overcome eating disorders. The result is a deeply affecting look at the struggles with eating and weight--and the deeper issues that lie at the core of women who are, literally, dying to be thin.”
I Have Tourette's But Tourette's Doesn't Have Me	Children Living With Tourette's Syndrome, Stigma Of Tourette's	Film: Short Documentary (2005). Description from HBO: “This insightful family documentary takes a candid look at the lives of more than a dozen American children who have Tourette Syndrome. The film explores what it is like for them, what measures they are taking to control it, and the challenges they face in their efforts to be accepted into the social mainstream as 'normal' kids.”
Three Identical Strangers	Adoption, Family Dynamics, Mental Health Issues, Nature vs. Nurture	Film: Documentary (2018). Description from IMDb: “In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. But their quest to find out why turns into a bizarre and sinister mystery.”

This Changes Everything	Gender Inequality in the Entertainment Industry & its effects on Culture	Film: Documentary (2019). Description from Netflix: "This documentary takes a deep look at gender disparity in Hollywood through the eyes of well-known actresses and female filmmakers."
Pray Away	LGBTQ+, Mental Health Effects of Conversion Therapy	Film: Documentary (2021). Description from Netflix: "Ex-leaders and a survivor of the so-called "conversion therapy" movement speak out about its harm to the LGBTQ+ community and its devastating persistence."
Not Carol	Postpartum Depression, Postpartum Psychosis	Film: Documentary (2020). Description from Starz: "On the morning of May 20, 2014, Carol Coronado--in the midst of a psychotic postpartum breakdown--murdered her three young children and is serving three life sentences. This is her story."
A Dangerous Son	Mental Illness, Parenting, Stigma of Mental Illness	Film: Documentary (2008). Description from HBO: "One in 10 American children suffers from serious emotional disturbance and more than 17 million have experienced a psychiatric disorder. A Dangerous Son focuses primarily on three families in crisis, each struggling with a child's severe mental illness, desperately seeking treatment in the face of limited resources and support."
The Florida Project	Poverty, Parenting, Childhood	Film: Drama (2017). Description from film website: "Warm, winning, and gloriously alive, Sean Baker's The Florida Project is a deeply moving and unforgettably poignant look at childhood."
Moonlight	BLM, LGBTQ+, Substance Abuse, Childhood, Bullying	Film: Drama (2016). Description from film website: "A timeless story of human connection and self-discovery, Moonlight chronicles the life of a young black man from childhood to adulthood as he struggles to find his place in the world while growing up in a rough neighborhood of Miami. At once a vital portrait of contemporary African-American life and an intensely personal and poetic meditation on identity, family, friendship, and love, Moonlight is a groundbreaking piece of cinema that reverberates with deep compassion and universal truths."

Podcasts & Podcast Episodes

Title/Link	Categories
Unlocking Us by Brene Brown	Vulnerability
Dare to Lead	Leadership
Tara Brach	Meditation, Mindfulness
I'm Sorry: How to Apologize and Why It Matters, Part 1 of 2 with Dr. Harriet Lerner	Apologizing, Making Amends
I'm Sorry: How to Apologize and Why It Matters, Part 2 of 2 with Dr. Harriet Lerner	
The Anatomy of Trust	Trust, Boundaries, Reliability, Accountability

Videos

Title/Link	Categories	Comments/Why We Love/Connection To Mental Health
The Anatomy of Trust	Trust, Boundaries, Reliability, Accountability	
Art Can Heal PTSD's Invisible Wounds	Art Therapy, PTSD	Shows the impact of art therapy on helping to heal PTSD in war veterans.
There's No Shame In Taking Care of Your Mental Health	Mental Health Stigma for Men	Description from the TED Talks website: "When stress got to be too much for TED Fellow Sangu Delle, he had to confront his own deep prejudice: that men shouldn't take care of their mental health. In a personal talk, Delle shares how he learned to handle anxiety in a society that's uncomfortable with emotions."
How Childhood Trauma Affects Health Across a Lifetime	Adverse Childhood Experiences, Health & Wellness	
Brene Brown on Empathy	Empathy	Brene Brown explains the importance of empathy vs sympathy in this animated short.

Healing From Toxic Stress with Dr. Nadine Burke Harris	Adverse Childhood Experiences, Health & Wellness	Healing from ACEs.
The Real Reason We Are Tired And What To Do About It	Rest, Fatigue	“Board-certified internal medicine physician Sandra Dalton-Smith reveals the real reason why we are chronically tired despite getting the requisite amount of sleep and the 6 other types of rest available to us in this fast-paced and informative talk.”

Websites		
Title/Link	Categories	Comments/Why We Love/Connection To Mental Health
The Greater Good	Positive Psychology	From the Website: Research is clear: Happiness, resilience, connection, and kindness are skills that can be taught and developed over time—with practice. That’s why UC Berkeley’s Greater Good Science Center, in collaboration with HopeLab, launched Greater Good in Action. Synthesizing hundreds of scientific studies, Greater Good in Action collects the best research-based methods for a happier, more meaningful life—and puts them at your fingertips in a format that’s easy to navigate and digest. The practices in Greater Good in Action are for anyone who wants to improve their social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program. We hope they serve as building blocks for creating your own happiness regimen. You can start building this regimen by saving practices to your My Practices page
Medical News Today: Depression Hub	Depression	Resources on the symptoms, management, and treatment of depression.

Worksheets & Fact Sheets

Title/Link	Categories	Source	Description
Same Vs. Guilt	Shame, Guilt	nicabm.com	“When we understand the differences between these powerful feelings, we begin to understand and eliminate negative self-judgments and self-talk.”
How the Nervous System Responds to Trauma	Trauma Response/Fight, Flight, Freeze	nicabm.com	
How Trauma Can Impact Four Types Of Memory	Trauma Memory	nicabm.com	Trauma can have a significant effect on a person's memory. This infographic provides helpful visual examples and easy to understand explanations of the association between trauma and memory.
Boundaries	Personal Boundaries	TherapistAid.com	“Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.”
Active Listening	Active Listening Skills	TherapistAid.com	“Treating listening as an active process, rather than a passive one. This means participating in conversation, rather than acting as an audience. Active listeners show they are listening, encourage sharing, and strive to understand the speaker.”
Coping Skills: Anxiety	Anxiety	TherapistAid.com	“After a trauma, it’s normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.”
Coping Skills: Depression	Depression	TherapistAid.com	
Grounding Techniques	Trauma, Anxiety	TherapistAid.com	“After a trauma, it’s normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.”
What Is Abuse?	Intimate Partner Violence, Domestic Abuse	TherapistAid.com	

Types of Abuse	Intimate Partner Violence, Domestic Abuse	TherapistAid.com	Domestic abuse can be physical, emotional, sexual, financial, and more. This gives a little bit of information about different kinds of abuse.
Strengths Exploration	Identifying Personal Strengths	TherapistAid.com	
Self Care Assessment	Self Care	TherapistAid.com	"In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention."
What is Perfectionism	Perfectionism Personality Traits	TherapistAid.com	
"I" Statements	Communication	TherapistAid.com	"Taking responsibility for your feelings will help you improve your communication when you feel upset or angry. One way to achieve this is by using "I" statements."
Assertive Communication	Communication	TherapistAid.com	"A communication style in which a person stands up for their own needs and wants, while also taking into consideration the needs and wants of others, without behaving passively or aggressively."
Fair Fighting Rules	Relationships, Conflict	TherapistAid.com	
How to Practice Mindfulness Meditation	Mindfulness, Meditation	TherapistAid.com	
Leaves on a Stream	Mindfulness	TherapistAid.com	
Behavioral Activation	Depression, Lack of Motivation, Pleasure, Achievement	TherapistAid.com	Behavioral activation is a technique used in CBT and other behavioral therapies, especially during the early stages of depression treatments. A person who's depressed may lack the motivation and energy to complete basic, healthy, life tasks. This can cause isolation and poor health, which enhances depression, thus forming a dangerous cycle of lessening motivation and worsening depression.
LGBTQ+ Glossary	Lesbian, Gay, Bisexual, Transgender, Gender, Identity	TherapistAid.com	This glossary is meant to improve understanding of the LGBTQ+ community and start productive conversations. While this glossary is not exhaustive, it is a helpful primer for those within the community, family members, and allies.

Emotion Exploration Scale	Emotion, Emotional Regulation, Triggers, CBT	TherapistAid.com	Use the Emotion Exploration Scale to learn about a particular emotion, its warning signs, and how it progresses from low to high intensity. Clients begin by choosing an emotion, such as sadness, anger, or anxiety. Next, they will describe the thoughts, behaviors, and symptoms they experience as the emotion progresses along a scale from 1 (low intensity) to 10 (high intensity). This worksheet is helpful for thoroughly exploring an emotion, or more specifically to learn about warning signs.
Goal Exploration	Goals, Values, Motivation	TherapistAid.com	Strong goals give a sense of purpose and inform a person's decisions about everything they do. Learning about a person's goals is like a window into their values. Much like values, goals can be a powerful tool in therapy. They can be used for motivation, a tool for exploration, or a guide for making decisions.
Domestic Violence Personalized Safety Plan	Intimate Partner Violence, Domestic Violence, Safety Planning	ncdsv.org	A worksheet to plan for increasing safety and preparing in advance for the possibility for further violence.
How Trauma Impacts School Performance		mhav.org	Fact Sheet
Safety at School		mhav.org	Fact Sheet
Supporting Students at Home		mhav.org	Fact Sheet
Supporting Students Facing Trauma		mhav.org	Fact Sheet
Understanding Abuse		mhav.org	Fact Sheet
Feeling Safe		mhav.org	Experiencing a traumatic event of any kind can leave you feeling unsafe or unstable. Finding ways to focus on safety and building a sense of control over aspects of life can help you feel more grounded. When we lack safety, we may feel anxious, overwhelmed, or depressed. Use this worksheet to think through how you can increase feelings of security in life.
Preparing to Share		mhav.org	When we have to have a conversation about hard topics, it's important to plan ahead so you aren't caught off guard which can set us back. Use the

			following sheet to plan through what it would be like to share your experiences with someone you want to disclose information to.
Your Mind and Your Body: Talking to your doctor about mental health		mhanational.org	
Think Ahead		mhanational.org	Organizing your thoughts and taking steps to feel better can be tough when you're weighed down by a mental health disorder. That's why it's important to think ahead. At a time when you're feeling well and able, use this worksheet to prepare or plan ahead.
A Letter to Risky Business	Risky Behaviors	mhanational.org	This worksheet provides prompts for working through why you take part in risky behaviors, how they are harming your wellbeing, and what you can do to take control of these behaviors.
Filling The Void	Risky Behaviors	mhanational.org	What makes you turn to risky behaviors? What needs are you trying to fulfill?
What's Underneath		mhanational.org	Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our relationships with others. This worksheet will help you to build your emotional vocabulary to help you better understand and communicate your feelings.
31 Tips To Boost Your Mental Health (List)		mhanational.org	A collection of 31 tips for improving mental health with pictures, videos and links to help you get started.
Ten Tools To Help Live Your Life Well	Making Lifestyle Changes	mhnational.org	This page outlines 10 simple, evidence-based tools you can use to make healthy lifestyle changes.