

How Are You? A Loaded Question: Additional Resources for Further Exploration

Books:

Amelia Nagoski and Emily Nagoski, *Burnout*

Lisa Coyne, Matthew S. Boone, and Jennifer Gregg, *Stop Avoiding Stuff: 25 Microskills to Face Your Fears and Do It Anyway*

Vivek Murthy, *Together: The Healing Power of Human Connection in a Sometimes Lonely World*

Podcasts:

“How Good Boundaries Actually Bring Us Closer”

<https://therapistuncensored.com/episodes/tu81-how-good-boundaries-actually-bring-us-closer-with-guest-juliane-taylor-shore/>

Articles:

“Plutchik’s Wheel of Emotions: Exploring the Emotion Wheel”

<https://www.6seconds.org/2020/08/11/plutchik-wheel-emotions/>

“There’s a Name for the Blah You’re Feeling: It’s Called Languishing”

<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>

Workshops and Support Groups:

Our presence and connection have power! Email Hadassah at margolis.hadassah@gmail.com for more information about support groups and workshops. Also see: <https://hadassahmargolis.com/>.