

VENT OVER TEA

SELF-HELP RESOURCES

Websites

Helpguide.org

<https://www.helpguide.org/>

Helpguide offers concise and easy-to-read information and tips on a wide variety of mental health related topics, including (but not limited to) emotional intelligence, relationships and communication, abuse, addictions, suicide prevention, eating disorders, depression and anxiety, PTSD and bipolar disorder.

McGill Self-Help

<https://www.mcgill.ca/counselling/self-help>

Think you need help, but are not ready to see a therapist? McGill Counselling's website has a self-help section that provides many different kinds of useful resources (articles, fact sheets, videos, podcasts, audio recordings, etc) on several topics relating to mental health, self-care, academic life and social life. Their resources are relevant for everyone (not just university students).

MoodGym

<https://moodgym.anu.edu.au/welcome>

Mood Gym is a free, online, self-help program that provides cognitive behavior therapy (CBT) skills to help those vulnerable to depression and anxiety.

Phone Apps

Headspace

<https://www.headspace.com/> □

An app that focuses on incorporating mindfulness/meditation into your daily routine. Meditation series include focuses on anxiety, depression, improving sleep, among many others. The app is offered in English only. The basic use of the app is free but a subscription is required for full access (subscription prices vary). □

Anxiety and Depression Association of America

<https://www.adaa.org/finding-help/mobile-apps>

This website provides a list of apps (some paid, some free) that can help you combat symptoms of mental illness or otherwise negative mental health. Note that these apps do not claim to be a replacement for a mental health professional.

Videos

Why We All Need To Practice Emotional First Aid by Guy Winch (17:24)

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene

We tend to think about our physical health in a different way than our mental health. Dr Guy Winch makes the case for emotional first aid: using resources and taking the time to take care of our mental health in the same way we would for our physical health.

The Power of Believing You Can Improve by Carol Dweck (10:20)

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

This TED talk explores the “growth mindset”, a mindset we have when we think that our abilities (such as intelligence) are not fixed and that we have the capacity to improve. This mindset is associated with a host of positive life outcomes.

The Skill of Self-Confidence by Ivan Joseph (13:21)

<https://www.youtube.com/watch?v=w-HYZv6HzAs>

Dr Ivan Joseph discusses how self-confidence is not inherent, but rather a skill that can be built through practice and persistence.

Your Body Language May Shape Who You Are by Amy Cuddy (21:02)

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

How you carry yourself can actually impact the way you perceive yourself. This talk takes the common phrase “Fake it til you make it” to a whole new level and shows that this phrase may hold some truth.

Why 30 Is Not The New 20 by Meg Jay (14:49)

https://www.ted.com/talks/meg_jay_why_30_is_not_the_new_20

Meg Jay has a clear message: Just because everything is happening later in life (moving out, marriage, kids), that doesn't mean twentysomethings should be throwing their 20s away. The 20s are important and exciting decade where we should starting to take concrete steps to carve out the life that we want.

The Power of Vulnerability by Brene Brown (20:19)

https://www.ted.com/talks/brene_brown_on_vulnerability

A TED talk about how human connection and feelings of worthiness are shaped by our ability to be open and vulnerable.

How To Make Stress Your Friend by Kelly McGonigal (14:28)

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

A TED talk about how we can see stress as something positive that can empower us to act in adaptive ways.

Try Something New for 30 Days by Matt Cutts (3:27)

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days

A short and humorous talk on the benefits of trying something new.

Happiness 101 With Tal Ben-Shahar (1:08:22)

<https://www.youtube.com/watch?v=z6ENYPqoDSM>

Tal Ben-Shahar discusses and explores positive psychology and the basic needs of happiness: acceptance of negative emotions, relationships, physical activity and simplicity.

Books

The Gifts of Imperfection by Brene Brown

In this book, Brene Brown explores the research she has conducted over the years on worthiness, feeling like you are enough, authenticity and vulnerability. She thoroughly addresses the question of how can we really love and be ourselves in a world where we are constantly being told how to be and how to behave. Great book to improve self-esteem.

Daring Greatly by Brene Brown

Vulnerability is the origin of love, belonging and the feeling of worthiness. Brene Brown discusses how the willingness and the courage to be vulnerable and open with others can impact the way live. She also addresses how important it is to become aware of your values and aligning your values with your actions and that it is okay to make mistakes.

Option B: Facing Adversity, Building Resilience and Finding Joy by Sheryl Sandberg and Adam Grant

After the death of her husband, Sheryl Sandberg went through a harrowing period of mourning. Through her own experiences, anecdotes and research as well as the input of her friend, the psychologist Adam Grant, in her book, she describes resilience as a skill that can be built and how we can build it within ourselves to face the adversity we encounter in life.

Choose the Life You Want: The Mindful Way to Happiness by Tal Ben-Shahar

Tal Ben-Shahar imparts 101 bits of research-based wisdom on how we can make better decisions every day that ultimately add up to make us feel happier and more fulfilled.

The Body Image Workbook by Thomas F. Cash

A thorough workbook with various research-based activities and information on how to improve body image and self-confidence.