



PAST THE PANDEMIC
mental wellbeing
TOOLKIT



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



PAST THE PANDEMIC *mental wellbeing* TOOLKIT

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This toolkit is designed to help you improve your mental well-being through use of self-monitoring tools, exercises, and tips. This is a summary of curriculum discussed and explained in an interactive [ECHO Colorado](#) learning series, *Past the Pandemic: Mental Well-being for You and Your Patients*. It is intended and written to be self-lead, so that you can access various tools and share them with your loved ones, patients and colleagues as you see fit.

Even though we aren't "past the pandemic", we wrote this curriculum with the intent that these skills can be used beyond this pandemic and applicable to well-being in a timeless way.

We would like to thank Laura McGladrey, PMHNP, FNP, RN, FAWM and The Responder Alliance for their permission to use the foundational language and Stress Continuum model discussed throughout this toolkit. It is with great appreciation and gratitude for your work that we present this helpful information.

Visit ResponderAlliance.com for more tools and resources.

The tools and information in this toolkit were developed by various Faculty within the Department of Psychiatry at the University of Colorado Anschutz Medical Campus.

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Whether you are a health care worker, teacher, parent, spouse, or friend, we have all experienced various sources of depletion due to the COVID-19 pandemic. Although this toolkit was developed with health care workers in mind, we are hoping that it can be utilized and helpful to anyone and everyone.

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STRESS CONTINUUM

Stress injuries are common, predictable *exposure injuries* that are reversible and treatable when recognized. The stress continuum can be used to increase self-awareness and self-monitoring. This allows us to recognize and respond to stress or stress injury as it occurs, and follow up with effective, supportive strategies to reduce the impact in our lives.

RESPONDER STRESS CONTINUUM

READY	REACTING	INJURED	CRITICAL
Healthy Sleep	Sleep Loss	Sleep Issues	Insomnia
Sense of Mission	Change in Attitude	Emotional Numbness	Hopelessness
Spiritually and Emotionally Healthy	Avoidance	Burnout	Anxiety and Panic
Physically Healthy	Loss of Interest	Nightmares	Depression
Emotionally Available	Distance from Others	Disengaged	Intrusive Thoughts
Gratitude	Short Fuse	Physical Symptoms	Feeling Lost or Out of Control
Vitality	Cutting Corners	Feeling Trapped	Blame
Room for Complexity	Loss of Creativity	Relationships Suffering	Hiding Out
	Lack of Motivation	Isolation	Broken Relationships
	Fatigue		Thoughts of Suicide

Adapted from *Combat and Operational Stress First Aid* by Laura McGladrey | responderalliance.com

This model was originally used in combat operations to monitor and mitigate stress accumulation in deployment¹. It has been calibrated for use with law enforcement, EMS, fire fighters and search and rescue teams² and is now being used in health care settings to turn the tide on occupational stress and burnout.

reflect...



Where are you on the Stress Continuum... Today? _____ This week? _____
 Before COVID? _____ Within the last year? _____

What conditions, triggers, situations, or stressors contribute to where you are trending on the Continuum today? (Think people, places, things.)

Go back to your Stress Continuum and consider how you are sleeping, connecting with others, making time to breathe, taking a break, or relaxing.

To further increase self-awareness, we may notice different experiences we have as we trend toward different zones. When we are burned out, for example, we may think, "I can't do this anymore." What might you say to yourself when feeling depleted or when you are "ready" and have capacity? How might you act differently when in the green, compared to when in the orange or yellow? Where do you feel physical tension as you lose capacity and stress builds? How might others experience you?

Fill in the blank Stress Continuum model below based on the key provided.

KEY

C = Cognitively I think **P** = Physically I feel **E** = Emotionally I feel **B** = Behaviorally, others notice I may act

READY	REACTING	INJURED	CRITICAL
C _____ _____	C _____ _____	C _____ _____	C _____ _____
P _____ _____	P _____ _____	P _____ _____	P _____ _____
E _____ _____	E _____ _____	E _____ _____	E _____ _____
B _____ _____	B _____ _____	B _____ _____	B _____ _____

Adapted from Combat and Operational Stress First Aid by Doria & Choi, 2020

As you go through each module in this toolkit to learn new tools and strategies, come back to your individualized Stress Continuum to fill in more elements.

When we trend toward the orange/injured or red/critical zones, we often resort to maladaptive coping strategies or avoidance behaviors in order to get through the day. These can be considered “numbing” or survival tools because we think they may be helpful in the short term to alleviate stress, but they usually do not help in the long term and can contribute to further burnout.

reflect...

Which of these might be numbing behaviors for you? (Circle all that apply)

- Use of alcohol/drugs
- Over/under sleeping
- Working/productivity
- Avoidance of tasks at home or work
- Shopping
- Binge watching TV
- Over exercising
- Stress eating/snacking
- Avoidance or anxiety in a relationship

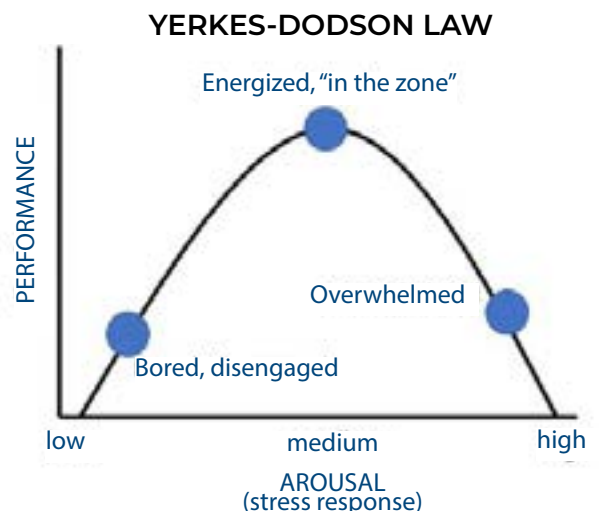
Other _____

Follow up in action: When I notice I am _____, I will instead try to _____.
 (e.g. When I notice I am binge-watching Netflix, I will instead limit to two shows and then read something relaxing).



If you know how you numb/avoid, you'll know when you're numbing or avoiding your stress, and this is an opportunity to acknowledge your stressors and make more room for mitigation.

However, stress isn't always a bad thing and biologically it helps us to stay focused, alert, energized and to remember things. In excess, however, increased levels of stress hormones — cortisol and norepinephrine — which are a part of our normal biological expression, can lead to hyperarousal, cardiovascular stress, impaired concentration, anxiety, depression and other physical illness or disease.³



Now that you have considered where and why you are trending on the **STRESS CONTINUUM**, let's look at specific strategies to build more capacity, trend toward green, and prevent or mitigate burnout.

This **BATTERY SNAPSHOT** shows "charges" and "depletions" that contribute to our wellbeing. By increasing our self-awareness of what charges us, we can build more capacity to handle our stressors (e.g., by taking a break, getting outside). On the same note, if we can recognize our depletions and what drains us early on, we may be able to intervene or find ways to balance our stress with more charges.

battery snapshot



Fill in your own charges and depletions that contribute to your battery.

Be honest, open, specific, and thoughtful. Revisit this concept internally often. Check in with this fluid, ever-changing battery at least weekly or keep it in mind throughout the day.

WHAT CHARGES THE BATTERY?

- Adequate sleep
- Connecting with friends and family
- Playing with kids or pets
- Exercise or time outdoors
-
-
-
-
-
-
-
-

WHAT DRAINS THE BATTERY?

- Long hours at work
- Not taking enough breaks
- Feeling isolated, not seeing others
- Increased demand at work/home
-
-
-
-
-
-
-
-

This concept of a battery snapshot was adapted by Laura McGladrey /[Responder Alliance](#), 2020

Battery charges may also be referred to as "green choices." For more ideas to increase battery charges in different areas of your life, see Green Choice Worksheet in Appendix A.

The following sections highlight strategies and tools across different topics to mitigate stress injury impact, improve your mental wellbeing, and "trend toward the green."

GRIEF

Elizabeth Kübler-Ross, expert and pioneer in the study and process of grief, states:

"Grief is the intense emotional response to the pain of a loss. It is the reflection of a connection that has been broken. Most important, grief is an emotional, spiritual, and psychological journey to healing."

On Grief and Grieving⁴

Some common themes of grief that have emerged during COVID-19:

- Loss of life to COVID-19 virus (patients, loved ones, colleagues, community and beyond).
- Feeling ineffective in preventing and treating COVID (from long-COVID, to those on ventilators, and everything in between).
- Unknown nature of impact of the virus (initially, and then long term effects).
- Difficulty planning for the future and sense of uncertainty.
- Cancellation of major life events and loss of important chapters in our lives.
- Loss of routines, sense of normalcy, and general expectations or responsibilities at work, home and school.
- Delay or cancellation of normal grieving traditions (memorial/burial services, inability to gather and heal as a community, hugging or physical presence of loved ones).
- Psychological and physical exhaustion and depletion due to ongoing loss and cycle of grief (wanting it to be over when it's not yet over).
- Loss of gatherings (social, worship, family dinners), general coping strategies, travel, enjoyment of life, and social connection.
- Loss of trust in others and differences in responding to the virus (vaccinations, masks, other precautions).
- Loss of safety, sense of safety, or feeling safe around others.

To begin moving through the grief process, related to COVID-19 and beyond, recognize common feelings associated with grief/unexpected loss:



It may be helpful to **NAME** how you're feeling, understand that these emotional experiences may oscillate day to day or even moment to moment, and that the grieving process is **UNIQUE** to each individual. It is not linear or prescriptive, but rather descriptive and layered.

Other suggestions to move through **GRIEF** and **LOSS**:

- Acknowledge your **pain**, accept that grief can trigger many **different and unexpected emotions**.
- Understand that your grieving process will be **unique** to you.
- Seek out **face-to-face support** from people who care about you.
- Support yourself emotionally by **taking care of yourself physically**. Eat adequate meals, get plenty of rest, and exercise or move your body regularly.
- Recognize what is **within and without** of your control.
- Try to **not compare your grief or suffering** to someone else's pain.
- Recognize the **physical and emotional toll** the pandemic has had on our ability to cope and grieve.
- Practice self-compassion, patience, and grace with yourself (and others) as you heal.
- Recognize the difference between **grief and depression**. *See table below for more information.*

	Grief	Depression
Pattern	Waves or pangs of grief associated with thoughts or reminders of the deceased that are likely to spread further apart over time	Negative emotions experienced continually over time
Feelings	Emptiness and loss accompanied by occasional pleasant emotions	Persistent depressed mood, hopelessness, and the inability to anticipate happiness or pleasure
Self-esteem	Typically maintained, but if negative self-talk is present, it usually involves perceived failings in relationship to the deceased (e.g., not visiting the deceased more often, failing to communicate their love enough to the deceased)	Critical toward self, feelings of worthlessness, and self-loathing
Relationships	Maintains connections with family and friends who can provide support	Withdraws from others physically and emotionally and has difficulty accepting support from others
Thoughts	Preoccupation with thoughts and memories of the deceased; can think about the future	Self-critical or pessimistic thoughts; tends to be hopeless
Thoughts of death or suicide	Thoughts of death and dying focused on the deceased and perhaps reuniting with the deceased	Thoughts of death and/or suicide related to feelings of worthlessness, a belief that one is undeserving of life, or a sense of escaping one's situation or pain of depression
Triggers	Sadness triggered by thoughts or reminders of the deceased	Depressed mood not tied to specific thoughts or preoccupations

Table adapted by Julie Wolfe, MD and Mandy Doria, LPC from AAFP, 2019⁵



If you are experiencing the symptoms of grief described above for longer than 12 months after your loss, you may be moving into a more complex bereavement, and we recommend reaching out to a mental health provider, whether it is for grief or depression.

What has been your experience with **GRIEF** since COVID-19 hit? The pandemic may have exposed our vulnerabilities and our difficulties with adapting to change. It has also altered our social calibration, as we have lost our sense of normal and routine social connections. This, along with added stressors throughout the pandemic, has led to **COLLECTIVE GRIEF** and trauma.



Labeling what we have lost...

What do you miss about pre-pandemic life? _____

What has changed for you in the COVID-19 pandemic? _____

How have you noticed GRIEF show up for you? (e.g. anger/irritability, sadness due to isolation, lack of meaning). Refer back to page 9 and reflect on specific losses you've endured. _____

How have coping strategies that have been effective for you in the past changed due to COVID? _____

What are your ongoing anxieties, fears or themes of grief that are coming up for you? _____

How has grief from the past, if any, come up for you when encountering new losses? _____

What relationship dynamics have changed for you? What, if any, relationships are you grieving? _____



The stages of grief are looked at as layers and scaffolding, and do not happen in any particular order. It is a dynamic process, and it may be helpful to label and normalize what you are feeling on any particular day/moment, similar to how you might do so on the **STRESS CONTINUUM**.

Notice the sixth stage of grief, **FINDING MEANING**, has been added to the grief cycle. David Kessler says, "As you deal with acceptance, there is meaning. Their life mattered. Their death mattered. And meaning can be how we mark it."⁶

Finding meaning moving forward...

Consider the impact of grief in its multiple forms. This grief may interfere with our relationships and ability to connect, especially when the pandemic has disrupted many of our grieving processes, including our ability to be together and feel safe around one another. Having learned what struggles and vulnerabilities we've faced throughout the pandemic, we have an opportunity to elevate our connections and **FIND MEANING**.

Looking at how your life has changed in regard to the reflections on previous pages, it's likely that your ability to connect and grieve has changed as well. Hence, it is important now more than ever, to reflect on ways of managing this grief through the lens of finding meaning. We can find ways to move through the grieving process by **NAMING WHAT WE HAVE LOST**, making meaning of our grief, and marking it by recognizing its value in our life.

David Kessler says:

I (we) can't find meaning in a pandemic. But during this pandemic, you and I can create meaningful moments together. Let's name this as a meaningful moment.

On Grief and Finding Meaning podcast, 2020⁶

Naming meaningful moments...

It's okay to also look at the positives that came out of this time. You can feel loss and strengths emerge simultaneously. "I both miss _____ (i.e. dinners out with friends), and I _____ (am able to teach my kids how to make a family recipe)."

What social interactions or reconnections are you looking forward to?

How have you found connection in new ways? How are you reintegrating the activities/social connections you have missed?

Have any relationships strengthened or improved during this time?

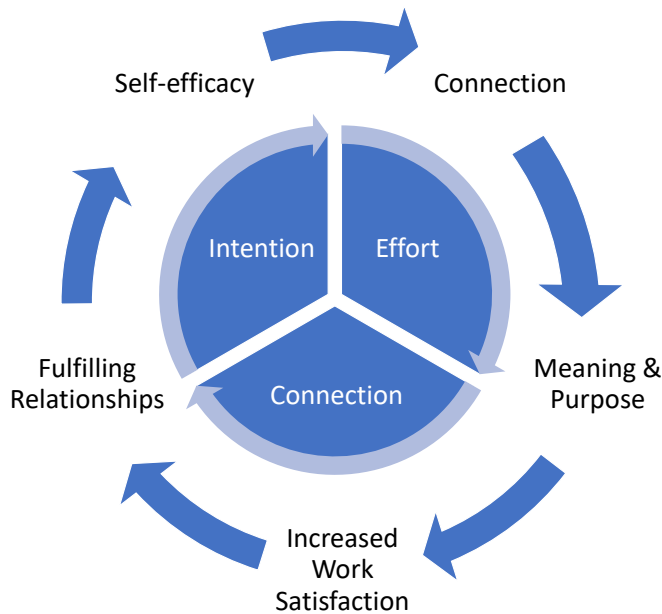
It's important to make moments count and NAME their value as they're happening. What moments do you hope to TRULY BE PRESENT for as you move forward and make meaning in life?

What keeps you going and fuels your purpose?



CONNECTION

Social connection with family, friends, colleagues, and community is an immensely important factor in building and maintaining resilience in the face of stress. Research has shown that high levels of social support reduce mortality and morbidity associated with many medical conditions⁷ and play a significant role in protecting mental health⁸⁻¹⁰. Consider times in your life in which you felt seen, heard, and understood in your relationships. Chances are, you also felt more fulfilled at work and present in your life and interests. Although enhancing our connections requires an on-going effort, a little intention goes a long way in terms of fueling your battery and recharging through connection.



Cycle of Connection, Doria & Choi, 2020

We created this image to show the internal processes that occur when we act thoughtfully and deliberately to create connection in our lives, and how this is related to the external elements that show up in our lives when we successfully find and prioritize connection. Similar to how the stages of **GRIEF** are a dynamic process, this too is *fluid*. These two cycles are likely to interact and be impacted by the other.

Brainstorm who your supports are in various areas of your life and where you find connection using the chart below.

Think of people or groups who make you feel more connected to your sense of self and purpose. List people in each category who **REALLY** get you.

Home/Family	Work	Friends with shared interests/life situations	Deeper emotional or spiritual connections
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use the **STRESS CONTINUUM** adapted for relationships below to check in on how you are feeling about these connections and how they are going right now. Then consider the questions below.

STRESS CONTINUUM IN RELATIONSHIPS

READY	REACTING	INJURED	CRITICAL
Fulfilled and Satisfied in Relationships	Loss of Interest Distanced from Others	Inability to Resolve Conflict Avoidant Unsafe to Share	Inability to Contribute Relationships Feel Out of Control/Broken
Feels: Valued Seen Heard Loved	Feels: Distant Disengaged	Feels: Conflictual Tension Blame Shame	Feels: Disconnected Blaming Self or Others Lashing Out Isolating/Withdrawn
Trust and Reliability Emotionally Available Open Communication Supportive of Changing Dynamics	Takes a Lot of Energy to Get Together Difficulty Practicing Active Listening Skills Social Interaction is Often Draining	Distant from Others Wanting to Isolate Pushing Others Away	Apathy Toward Support Feels Unsafe Physically or Emotionally Contempt
CHANGE IN WORLDVIEW			

Adapted from Combat and Operational Stress First Aid by Doria, Choi & McGladrey, 2020

reflect...



Is there someone you feel fits in each color above?

What can you do for YOURSELF to trend toward green and make your relationships more fulfilling?

What can you do for the OTHER PERSON to improve the connection and trend toward green?

What do your relationships need in order to be "recharged"?

Are there any relationships you would like to give space to or let go of?

Avoid **COMMON TRAPS** that often lead to disconnection or fractured relationships:

Comparative Suffering: Whether you feel someone has it worse than you or you feel your pain is more to bear than others around you, comparing struggle is never helpful. Comparing our situation, pain or trauma to someone else's—in either direction—is not only unhelpful to those involved, but may lead to self-blame, pity, shame, depression, or irritability. *If we want to build connection and show **EMPATHY**, we must access the uncomfortable part of ourselves and sit with painful emotions to meet someone where they are. We may also recognize and name if it is difficult for us to understand someone's personal struggle or situation.*



References:

[Podcast on Comparative Suffering with Brené Brown](#)

[Visualizations of Comparative Suffering](#)

Projection and Displacement: Avoid displacing negative feelings, anxieties or stressors from the original trigger onto another person, environment or situation. **NAME** what is bothering you and ask yourself if you are reacting to the current situation or if you are reacting based on something else or something from your past. *Then address that stress or stressor appropriately.*



References:

[Psychology Today article on Projection](#)

[Healthline article on Top 10 Most Common Defense Mechanisms](#)

Sympathy or Toxic Positivity: It is hard to feel heard or seen when someone feels bad for us. Similarly, “looking on the bright side” or saying “everything happens for a reason” can minimize someone's struggle. *Instead, offer support when needed. Avoid shaming the person for how they are dealing and **NORMALIZE** their feelings and experience.*



References:

[Healthline article on Toxic Positivity during the pandemic](#)

Pretending to care when you don't have the energy or capacity... Instead, be **GENUINE** based on where you are at and what you can give. *Allowing yourself to be **VULNERABLE** may encourage others to do the same, which is the key to creating meaningful and fulfilling connections that are likely to last. It's okay to take a break, but be sure to follow up when you are ready to avoid a possible fracture or emotional distance/ disconnection in the long term.*



References:

[Empathy vs. Sympathy: What's the Difference?](#)

[Ted Talk on the Power of Vulnerability with Brené Brown](#)

GETTING AND GIVING SUPPORT

Now try using your self-evaluation of where you are trending on the **RELATIONSHIP STRESS CONTINUUM** in combination with who you listed as your supports, and reflect on the connections you need right now. When starting to feel overwhelmed, stressed, shorter fused, or irritable, it's probably a sign that you need more people in your corner. So how can you reach out to get and give support?

reflect...



Recall a situation that you have been struggling with lately. Fill in the blank about how you could ask for support:



"You may have noticed I've been _____ (for example, irritable/off/not myself). I've been feeling _____ lately. I'm struggling with _____ . I could really use _____ .
Do you have space to talk something out with me?"

It is also helpful to know when and how to suggest help to others. Research shows that people are more likely to seek help if a trusted person suggests it¹¹. Don't underestimate the power of planting a seed of encouragement for those around you to address their mental health. Here is an example of what you might say:

I noticed you have been _____ (list behavior or observable fact).

It sounds like you are _____ (list possible feeling or experience).

How may I help you? Would you be interested in talking to a mental health provider?

Example:

I've noticed you've been late to work and saying you feel it's hard to keep up with everything. It sounds like you are overwhelmed and trying to manage a lot. Would you be willing to talk to a support who may be able to help with your stress?

Consider sharing a current statistic from the following page to normalize help-seeking behaviors and that **they (or you) are not alone!** Early intervention and seeking treatment when needed can decrease chronicity, improve prognosis, and reduce impact in someone's life.



You Are Not Alone

In 2016, **71% of adults** reported at least one symptom of stress, such as a headache or feeling overwhelmed or anxious.¹²

One in five US adults experience mental illness (21%). In 2019, this was **51.5 million people**.

The average delay between symptom onset and treatment of mental illness is **11 years**.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Suicide is the second leading cause of death among people ages 10 to 34.

People with depression have a **40% higher risk** of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly **twice as likely** to develop these conditions.

18.4% of U.S. adults with mental illness also experienced a substance use disorder in 2019 (9.5 million individuals).

Check the [CDC website](#) for current updates on how COVID has impacted our mental health, including [Coping With Stress in COVID-19](#) and [Tips on Noticing Stress and Enhancing Resilience](#).

Statistics shared from www.nami.org/mhstats



If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at **800-273-TALK (8255)** or call 911 immediately.

If you are in Colorado, you may call or text Colorado Crisis Services.

ROLE MANAGEMENT

Another important task in managing stress is recognizing that you cannot be all things to all the people in your life. Use the tools below to consider the different roles you identify with in your life, the expectations you have for yourself and that others have for you in each of these roles, and how you might need to adjust these expectations to reduce stress and increase self-efficacy. You may give yourself a rating or percentage, use a word or phrase, or provide any examples that come to mind when filling out the chart below.

Roles	How would I like to be able to show up?	How am I actually showing up?	Who might I disappoint in this process?
Worker Partner Friend Child Self-care Parent <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>			

Tips for parents:

- Keep communication open, ask how each child is doing with any changes, milestones, school, etc.
- Weekly check-ins, asking THEM how YOU are doing as their parent (*e.g.*, ask them to grade you! Include follow-up conversations for how you can do better to meet their needs).
- Model for your children how you would like them to cope or carry out responsibilities (screen time, talking/active listening, sharing tasks, asking for help).
- Do a **FAMILY BATTERY SNAPSHOT** (see example in Appendix B) together to notice more of what drains and charges your family dynamic.



See the resources section for podcast and book suggestions about the Five Love Languages, Vulnerability, Apologizing, the 50/50 Myth, and other partner and family topics around connection, support, and communication.

reflect...



Creating better connections

If you had to change how you're showing up in one or more of the roles you listed to reduce stress and align more closely with your values, what would that look like?

How can you communicate more clearly with those impacted to gain support and help them understand what they can and should expect from you? *See example below.*

What barriers prevent you from open communication and how might you confront or deal with them (e.g., fear of hurting or burdening others, people pleasing, social anxiety, time and burnout)?

Follow up with action: To make myself better, I will _____.

To make my relationships better, I will _____.

"I am struggling to take care of myself and I'm feeling really stressed recently. I want to take 20 minutes to go for a walk first thing in the morning a few days a week to blow off some steam and I know that means I won't be helping to get breakfast ready. I hope you'll support me in this and help me find other ways to contribute."

SLEEP

The physiology of sleep is complicated and there are numerous ways that it can be negatively impacted, but the importance of high-quality sleep cannot be overstated. There are numerous ways that sleep nourishes our brains and bodies, and how we are sleeping can tell us a lot about where we are trending on the Stress Continuum: Too little sleep due to stress or lack of time? Too much sleep with numbing or mood changes? What does your sleep look like when you are trending toward the yellow or orange?

Poor sleep can also be a depleting influence and can have significant health impacts. These are some of the outcomes associated with poor sleep¹³⁻¹⁶:



IMMUNITY Sleep improves our body's immune system. Some studies have found that lack of sleep can make vaccines less effective or increase your chances of developing a cold.



MENTAL HEALTH Quality sleep bolsters mood. Insufficient sleep can make people irritable, and can worsen or cause depression, anxiety, and other mental health disorders.



CARDIAC HEALTH Good sleep has been shown to lower blood pressure, reduce the risk of diabetes, and prevent weight gain.



COMPLEX THOUGHT AND MEMORY Sleep maximizes brain function. We have more capacity for complex thinking, learning, memory formation, concentration, and decision making when we sleep well.



OTHER PHYSICAL HEALTH Beyond fatigue, poor sleep can contribute to increased gastrointestinal complaints, headaches, decreased sex drive, and obesity.

Consider the domino effect of poor sleep and how each of these health impacts further drains your battery and pushes you out of the green and toward the yellow, orange, and red.

Recognizing poor sleep and making changes to improve it can become a tool to help us improve our physical and mental health and trend more toward the green.

reflect...



Check-in On Your Sleep

Do you wake up feeling rested? _____ Are you getting at least seven hours of sleep per night? _____ Does it take you more than 30 minutes to fall asleep? _____

Do you wake up often and struggle to fall back asleep within 15 to 20 minutes? _____

What does a good night of sleep look like for you?

battery snapshot



Using this Battery Snapshot reflect on your own sleep charges and drains.

Circle a few action items that you want to focus on in the charges column and cross out things you would like to stop doing in the drains column. What else would you add?

WHAT CONTRIBUTES TO QUALITY SLEEP PATTERNS?

- Light during the day (getting outside)
- Good stress management to help you wind down
 - Relaxation techniques
 - Mindfulness
- Quiet, dark, cool, and relaxing bed and bedroom
- Regular wake/sleep times and routines
 - Reduce time in bed awake
- Exercise

WHAT AFFECTS OUR SLEEP IN NEGATIVE WAYS?

- Screen time (especially right before bed)
- Inability to keep a routine to relax or wind down
- Caffeine or alcohol in the evening
- Bed is used for activities other than sleep or sex (work/reading/TV)
- Eating/drinking right before bed
- STRESS
 - Relationship conflict
 - Moving
 - Work stress
 - Long hours/shift work

These are all elements of **SLEEP HYGIENE** and you can learn more by going to the Resources section of this toolkit to find websites, apps, a workbook and other helpful strategies for implementing positive changes to improve your sleep.



If you have sleep concerns that are impacting your functioning and you feel that you have “tried everything” on these lists and resources, please reach out to your healthcare provider for more individualized evaluation and treatment.

THE PRACTICE OF MINDFULNESS

One key concept in navigating these self-awareness tools, which also lends itself as a coping skill itself, is mindfulness. **MINDFULNESS** has been shown to reduce feelings of anxiety, depression, irritability, burnout, and helplessness, and can help improve memory, focus, distress tolerance, effective communication, and conflict resolution. There is strong evidence that supports using mindfulness practices to reduce job burnout among health care professionals and educators¹⁷ as well as among medical professionals in training¹⁸. Mindfulness among physicians boosts compassion and empathy while helping them to be more present with their patients, listen attentively, practice patient-centered communication, recognize their errors, and make evidence-based decisions while looking at a range of possibilities¹⁹⁻²³.



Mindfulness is...

Consciously paying attention in the present moment without judgement.

Noticing and making observations, without attachment to the moment.

Watching quality of thoughts and experiences without subjectivity.

Doing so on purpose, with an open mind, and with self-compassion and patience.

I am present when...

How do you already practice mindfulness?

What works for you?

When do you struggle to be present?

Refer to the Resources section for a Mindful Attention Awareness Scale to self-assess this concept.



We hope that this universal, evidence-based skill elevates our awareness of our individual signs of stress, anxiety, and burnout, and helps us label where we are trending on the **STRESS CONTINUUM**. We can then create the space to respond with more green choices. Below are some suggestions to get started. Mindfulness skills can also lend a hand in helping us notice, intervene, and mitigate impact of stress injury.

Mindfulness does not always need to be practiced in a meditation form or guided exercise. Consider slowing down and adapting your lifestyle and attitude with the following perspectives.



INSTEAD OF...

CAN I PAUSE TO...

RUNNING	into the next room or from place to place	→	STOP	and ask "Where am I feeling tension right now?"
JUMPING	out of my car as soon as I get home/to work	→	SIT & BREATHE	before I get out of the car
IGNORING	that headache or stomach in knots	→	NOTICE	where the physical sensations are and how they are shifting, labeling them as best I can
RUSHING	through my meals to eat or drink	→	APPRECIATE	the flavors and textures, where my food comes from, eat slowly, and notice how it feels to nourish my body
COMPLAINING	about how tired I am	→	LABEL	the physical feelings and sensations in my body ("My legs feel heavy," "My head feels pressured.")

reflect...

Here are other activities you already do where you can stay present, enjoy, and **FULLY** appreciate your experience by **ENGAGING** in all five senses, instead of rushing to do the next thing:

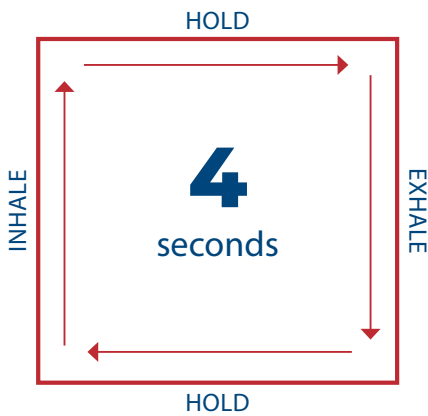
Baking/cooking
Showering
Gardening
Washing dishes
Yoga/stretching

Folding laundry
Brushing teeth
Drinking coffee/tea
Mindful eating
Walking outside



BREATHING AND GROUNDING TECHNIQUES

SQUARE BREATHING Square breathing (also known as “box breathing”) is a breath retention exercise often practiced in yoga and within relaxation training for Cognitive Behavioral Therapy. It can be used to combat stress and anxiety, gain more clarity of thought and focus, and take a step back when overwhelmed. It can lower your heart rate, increase the flow of oxygen to the brain, and invite a deeper, calmer breath. Some anxiety may arise initially when first retaining the breath. This is your fight or flight response. Acknowledge this and stick with it! It will get easier with practice.



DIRECTIONS Breathe in and out of your nose, as it is a more direct route of oxygen to the brain. Close your eyes or gaze down to create an internal focus. Complete these steps for 4-6 cycles or 2-3 minutes. Consider tapping your foot or hand to maintain a steady, even pace of counted breath.


INHALE for 4 counts → **HOLD** for 4 counts → **EXHALE** for 4 counts → **HOLD** for 4 counts

Notice how you feel afterwards. Practice this simple exercise and observe how it invites a present, mindful attitude into your day to create more capacity and make more green choices.

5-4-3-2-1 AS A GROUNDING TECHNIQUE Getting grounded through our five senses is an easily accessible tool to use regardless of the time, setting or circumstance. This simple technique only takes a moment, helps to press pause, and provides quick access to the practice of mindfulness through objective statements. Imagine you are describing your surroundings to someone not in the room to invite a deeper awareness. Use as many **ADJECTIVES** as possible to describe color, texture, temperature, and shape, as if you are a human microscope zooming in to clearly see your environment!

For smell, it may be helpful to bring in a candle, lotion, or something that calms you and describe the nature of that smell and how you might categorize it. Remember, it's okay to describe the neutrality of something like taste as well! Notice sensations in your body throughout the day and borrow from this exercise to get grounded in your physical space.

Describe out loud/state to yourself:

-  **5** things you **SEE**
-  **4** things you **FEEL/TOUCH**
-  **3** things you **HEAR**
-  **2** things you **SMELL**
-  **1** things you **TASTE**

LOVING KINDNESS MEDITATION AS A VISUALIZATION

The COVID-19 pandemic and other layered trauma and stressors can leave us feeling helpless, bitter, and disconnected. The following meditation may help to lift your mood, sense of gratitude, and create feelings of connection and wellbeing for all. Start simply by repeating the following phrases towards yourself, someone you love, someone you admire, and someone you wish to be closer to. Then consider expanding that to someone with whom you are in conflict, someone who brings up difficult or negative feelings, and then expand the meditation to send the phrases out to your local community, your nation, and then your world/universe. The longer you practice this, the more you may experience feelings of compassion, forgiveness, and peace. Studies have shown it may be useful in the management of social anxiety, marital conflict, anger, and coping with the strains of long-term caregiving.

May (I/you/they) be safe, happy, and well...

May (I/you/they) be free from inner and outer harm...

May (I/you/they) be free of physical or mental pain and suffering...

May (I/you/they) be able to live in this world happily, peacefully, joyfully with ease.

Take a deep breath and sit in silence in between each phrase and before starting a new round. Notice any thoughts, feelings, or sensations that arise, label them, and return to your breath and the meditation. Then notice how you feel throughout your day/week.

We encourage you to keep an open mind while exploring and trying these practices, as not every tool works for everyone. It's more important to find and access strategies that help you take a step back, press pause, and stay grounded and present. If we can avoid reacting to stress with habit and impulse, and instead respond with conscious intention and care, we may have more capacity to engage with distressing situations rather than react automatically and withdraw from them.

MINDFUL EATING

Bringing mindfulness into our eating habits can help to increase green choice behaviors and ultimately lead to us feeling better physically and emotionally. Mindful eating is about honoring your hunger and feeling your fullness, focusing on how you feel and what your body needs, and developing a healthy self-talk language including food neutrality and removing the moral value or labels we often attach to food. Focus on food being a source of fuel for your body (similar to sleep) and consider practicing body awareness or mindfulness techniques to pay attention to your body's hunger and satiation cues, such as body scans or mindful breathing.

If you work long hours, have busy days, or are back-to-back, it can be hard to prioritize nutrition. Try some of the following tips for fueling your body when you are busy:

- Choose calorically dense and nutrient rich snacks.
- Prep meals ahead of time.
- Keep snacks in multiple locations (car, office, bag, desk).
- Make smoothies or shakes with supplements.
- Build in time for lunch even if for ten to 15 minutes.

battery snapshot



WHAT CONTRIBUTES TO QUALITY NUTRITION?

- Eating regularly
- Incorporating a variety and balance of foods into daily nutrition
- Access to a variety of foods
- Prioritizing meals and snacks
- Meal prepping
- Neutralizing food choices
-
-
-
-
-
-
-

WHAT AFFECTS NUTRITION IN NEGATIVE WAYS?

- Lack of time during the day to eat
- Busy schedule leading to overwhelm and inability to pay attention to hunger cues
- Not making time for meals/snacks
- Lack of access to a variety and balance of foods
- Judgements about what we should and shouldn't eat
- Body image distress
-
-
-
-

MINDFUL MOVEMENT

We can also apply mindfulness principals to engage in a healthy relationship with our bodies, reduce stress, and practice regular exercise without guilt, shame, or expectation.

- Focus on how it **FEELS** to move your body.
- Engage in activities you truly **ENJOY**.
- Remain **JUDGEMENT FREE** on the quality of your exercise based on the amount of calories it burns.
- Set a **SCHEDULE** for the week to remove the mental drain of thinking and planning your workout/movement.
- **LISTEN** to your body and skip days if you don't feel up to it.
- **REMOVE** any "should" statements from your self-talk and take the focus off changing your body.
- If you're struggling with motivation to work out, **RECALL** how you usually feel after moving your body . (e.g., strong, invigorated, confident) and try utilizing your **SUPPORT** system to make plans, in person or virtually.

Remember! You don't have to eat or move your body perfectly to be healthy and feel good!

battery snapshot



WHAT CONTRIBUTES TO QUALITY MOVEMENT?

- Getting good sleep and adequate nutrition to fuel the body
- Boundaries around leaving work at work
- Doing something I enjoy
- Utilizing support to get out and move
- Practicing body gratitude to reduce shame and guilt
-
-
-
-
-

WHAT AFFECTS OUR MOVEMENT IN NEGATIVE WAYS?

- Poor sleep
- Stress and feeling overworked
- Bringing work home or not stopping work when shift is up/lack of time in the day
- Depression
- Societal or cultural expectation about unrealistic body standards
-
-
-
-
-

Ideas for **MINDFUL MOVEMENT**:

- Have dance parties with family or colleagues.
- Shake it out!
- Take walks with co-workers.
- Take time to stretch at your desk or take a yoga break (see Resources section for videos).
- Park in a spot further away from your walking destination.
- Do ten or 20 jumping jacks to get your blood flowing and create a mental shift of energy.



If you are having difficulty growing into a healthy relationship with food or your body, or if you struggle with negative self-talk, consider practicing **BODY GRATITUDE** exercises. We can move towards mindful eating and movement by getting more in touch with our body sensations. One way to do this is by practicing a body scan. Body scans can also be used to practice gratitude for all the hard work our body does for us, each and every day. See the Resources section for links to guided body scans.

*Instead of focusing on the negative self-talk about my _____ (part of my body),
I will instead practice a body scan, breathe into those areas, and choose body neutrality.
I will focus on what this body part does for me throughout the day.*

reflect...



Consider different body parts and **“THANK”** them for the function they serve for you and how they carry you through your day, your hobbies, and your life.

I am grateful for my _____ because they allow me to _____.

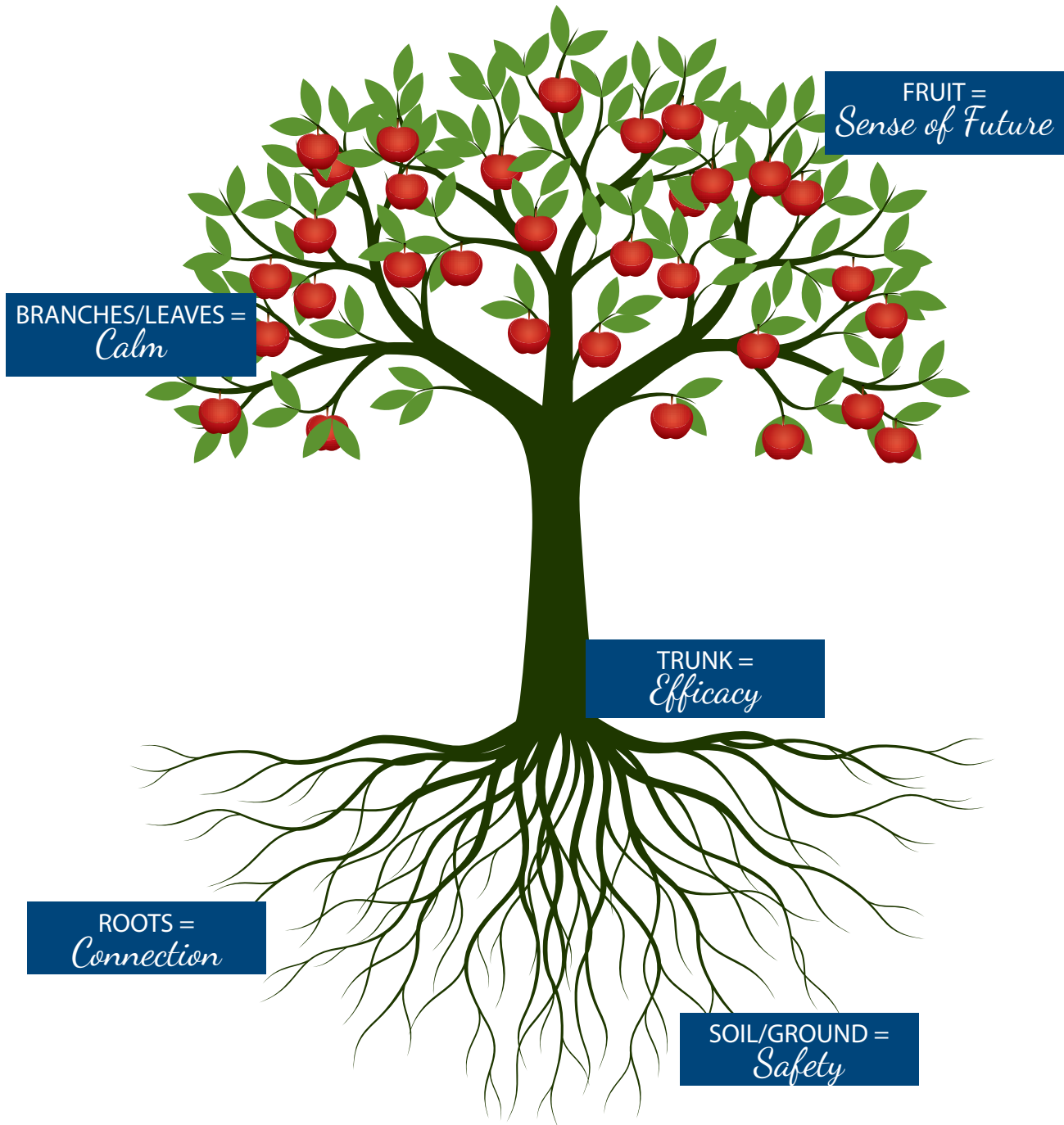
I notice the strength of my _____ which helps me to _____.

***“I am grateful for
the strength of my legs, the consistent
and determined work of my heart and lungs because
they allow me to climb mountains.”***

***“Instead of focusing on feeling negative about my arms, I will
instead remember that my arms help me cuddle my pets,
cook my meals, and hug my loved ones.”***

INDIVIDUALIZED RESILIENCY PLAN

Now that you've gone through this toolkit, learned some ways to charge your battery and "trend toward the green," think about these five key components of resiliency²⁴. Each is integral to allowing us to grow, thrive, and persevere and may be compared to the components of a tree as the image here shows.



Use the following prompts to brainstorm and create your own **INDIVIDUALIZED RESILIENCY PLAN**.

SOIL/GROUND =
Safety

Who do I feel I can be myself around? How much news or media do I need to engage in to be informed based on my values? Where do I feel safe? What health precautions do I take?

- Plan to check the news just once or twice a day in a safe, comfortable place
- Talk to the people you trust about what makes you feel safe
- Find a place in your home or neighborhood you can go to when overwhelmed

TRUNK =
Efficacy

Do you know what feels satisfying to you? Do you follow through with what you need when you need it? What impact did you make today/this week/this past year?

- Make your bed and brush your teeth every day
- Recognize your accomplishments at work and congratulate yourself on them
- Name three good things that happened in your day (keep it simple!)
- Set time aside daily to do something you enjoy

ROOTS =
Connection

Who can I reach out to more? Have I expressed support or asked for the support I need when I need it? Who do I enjoy spending time with? What give me a sense of community?

- When feeling lonely, reach out to a friend to check in and offer support and kindness
- List 3-5 important people in your life and what you need from them
- Smile and say hello to your neighbors, the store clerk, people in the hallway at work
- Invite someone you normally wouldn't socialize with to do something fun

BRANCHES/LEAVES =
Calm

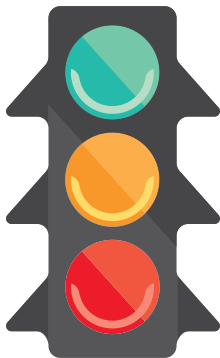
What truly relaxes you or helps you return to your sense of self? What helps you lose your awareness or sense of time? How can you be more compassionate to yourself? Do you give yourself permission to relax?

- Create space for a mindfulness practice before a set bedtime. (e.g., deep breathing, washing the dishes, cuddling your pet)
- Practice 5-4-3-2-1 grounding during a daily walk outside or while gazing out the window
- Do Square Breathing every day for a month and notice how you feel

FRUIT =
Sense of Future

What short term or long-term plans in your personal or professional life are you looking forward to? What gives you a sense of purpose, meaning and hope?

- Make plans for things you enjoy and look forward to
- Dream of what it will be like to travel, have reunions, go to concerts
- Reflect about your work, education, or hobby goals (and consider writing them down or creating a Vision Board)
- Tell someone you believe in them; hold hope for others who need it



Now that you have learned all of these strategies and thought about your own Individualized Resiliency Plan, you can think of ways to change your behavior, actions, and coping strategies through the lens of a traffic light. What would you like to **STOP**, **KEEP**, and **START** doing to effect change in your life?

STOP _____

KEEP _____

START _____



GLOSSARY

COMPARATIVE SUFFERING The practice of comparing one's situation, struggle, or pain to someone else's, either to minimize their own suffering, or to judge others' feelings, reactions, and actions.

CORTISOL A steroid hormone which regulates a number of processes in the body. Blood cortisol levels rise in response to physical or psychological stress or injury, which increases glucose levels and blood pressure, and decreases activity of the immune system and release of inflammatory substances. Exposure to prolonged stress can lead to excessive levels of cortisol, which can have harmful effects on the body (e.g., hyperglycemia).²⁵

DISPLACEMENT The transfer of feelings or behavior from their original object to another person or thing.²⁵

MINDFULNESS The practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.²⁶

NOREPINEPHRINE (also known as noradrenaline) A neurotransmitter and hormone primarily in the sympathetic nervous system that affects mood, energy, and alertness.²⁷

PROJECTION The process by which one attributes one's own individual positive or negative characteristics, affects, and impulses to another person or group. This is often a defense mechanism in which unpleasant or unacceptable impulses, stressors, ideas, affects, or responsibilities are attributed to others.²⁵

SELF-EFFICACY An individual's subjective perception of his or her capability to perform in a given setting or to attain desired results, proposed by Albert Bandura as a primary determinant of emotional and motivational states and behavioral change. Also called perceived self-efficacy.²⁵

TOXIC POSITIVITY Putting a positive spin on negative or difficult things, or providing only encouraging and upbeat suggestions and comments to someone who is struggling, instead of offering empathy, understanding, normalization, and space for negative emotions and challenges.

YERKES-DODSON LAW A law stating that the relation between motivation (arousal) and performance can be represented by an inverted U-curve.²⁵

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APPENDIX A: Green Choices Worksheet

Green Choices



HEALTH	AT WORK	OUTSIDE OF WORK	RELATIONSHIPS	SURVIVAL TOOLS
1. Sleep 8 hours a night (5 days/week)	1. Review what worked on a call vs. talking shit	1. Get to the moun- tains twice/month	1. My 2 best friends know how I'm doing	1. One beer turns into four
2. Go on a run 3 times/ week	2. Volunteer to teach a training	2. Have dinner with friends/family once/week	2. Choose time with my family	2. Busyness/constant noise, too much screen time
3. Meditation/prayer 4-5 times/week	3. I am enjoying my work	3. I say "no" when I'm overwhelmed	3. Spend time with people who aren't healthcare workers	3. Drink coffee to stay awake

McGladrey, 2020

You, Greener

HEALTH	AT WORK	OUTSIDE OF WORK	RELATIONSHIPS	SURVIVAL TOOLS
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.

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APPENDIX B: Family Battery Snapshot

battery snapshot



WHAT CHARGES THE BATTERY?

- Carved out time together
- Open communication
- Quality time
- Time away from family
- Words of appreciation
- Thoughtful gifts
- Touch (hugs, back scratches, massages)
- Acts of service
- Words of affirmation
- Feeling heard/understood
-
-
-
-
-
-
-
-
-

WHAT DRAINS THE BATTERY?

- Isolation
- Lack of clear rules and expectations
- Other family stress (loss, birth, death)
- Changing school policies
- Fighting/chronic conflict
- Juggling priorities/responsibilities
- Lack of planning ahead
- Childcare
- Fears of COVID
- Lack of familial or community support
- Lack of feeling valued
-
-
-
-
-
-
-
-

APPENDIX C: Team Stress Continuum

STRESS CONTINUUM FOR THE TEAM

READY	REACTING	INJURED	CRITICAL
Transparency Vulnerability Requests for Help Met With Support Connection Team Approach to Overwhelm Curiosity Culture Mission Satisfaction	Normalizing Depletion Staff Dreading Work Mistakes are Personal Transactional Communication Requests for Help are Criticized Mission Drift	Resources Scarce Rigid Perspectives Members Undervalued Poor Communication Silos Suffering in Silence Helplessness Mission Fatigue	Cliques and Hierarchy Lack of Trust Gas Lighting Culture of Blame Vulnerability Punished Fear at Work Hopelessness Moral Injuries
MISSION SATISFACTION/MISSION DRIFT			

Adapted from Combat and Operational Stress First Aid by Laura McGladrey | responderalliance.com

RESOURCES

The Stress Continuum and the Biology of Stress

Websites

- [CU School of Medicine COVID-19 Support page](#)
- [The Centre for Studies on Human Stress](#)
- [Mental Health Foundation: How to look after your mental health in the coronavirus outbreak](#)

Podcasts

- [Stress First Aid during COVID19](#) from Apple Podcasts
- [Burn out & How to Complete the Stress Cycle](#) with Brené Brown and Emily and Amelia Nagoski
- [Burnout Isn't Just Exhaustion. Here is How to Deal with It](#) from NPR's Life Kit

Video

- [Intro to Healthcare Workers](#)

Book

- *Burnout: The Secret to Unlocking the Stress Cycle* - Emily Nagoski, Ph.D. and Amelia Nagoski, D.M.A.

Article

- [Completing Our Body's Stress Response Cycle](#) by Amy Rodquist-Kodet, MA, CHWC

Grief

Websites

- Grief and Grieving [Suggestions from CDC](#) including recognizing signs of mental health concerns and how to reach out for help

Podcasts

- Unlocking Us: [David Kessler and Brené on Grief and Finding Meaning](#)
- Unlocking Us: [Brené and Judd Apatow on Vulnerability and Laughter](#)
- [A list of other podcasts about grief](#)
- [The Importance of Mourning Losses \(Even When they Seem Small\)](#) from NPR's Life Kit

Videos

- TED Talk from Nora McInerny about the death of a loved one and how to support others "[We don't move on from grief. We move forward with it](#)"
- [Grief and COVID-19: Mourning What We're Missing](#) from the American Psychological Association

Books

- *Finding Meaning* - Elisabeth Kübler-Ross and David Kessler
- *Man's Search for Meaning* - Victor Frankl
- *Broken Open: How Difficult Times Help Us Grow* - Elizabeth Lesser
- *On Death and Dying* - Elisabeth Kübler-Ross, M.D.
- *On Grief and Grieving* - Elisabeth Kübler-Ross, M.D. and David Kessler
- *When Things Fall Apart* - Pema Chödrön

Articles

- Harvard Business Review: [That Discomfort You're Feeling is Grief](#)
- The New York Times: [Making Meaning out of Grief](#)
- WebMD: [What Is Normal Grieving, and What Are the Stages of Grief?](#)

Connection

Websites

- [COVID 19 Support Resources for Parents](#) from the Colorado Depression Center
- [Worry Wise Kids](#) from Tamar Chansky, Ph.D.
- [Nurturing our relationships during the coronavirus pandemic](#) from the Mental Health Foundation UK

Podcasts

- Kind World podcast: [Former U.S. Surgeon General on the Front Line of Another Health Crisis: Loneliness](#)
- Brené Brown “Unlocking Us” podcasts
 - [Brené on Comparative Suffering, the 50/50 Myth, and Settling the Ball](#)
 - [Dr. Vivek Murthy and Brené on Loneliness and Connection](#)
 - [Brené on Shame and Accountability](#)
 - [I’m Sorry: How to Apologize and Why it Matters](#)

Books

- *The 5 Love Languages* - Gary Chapman (Find “Learn Your Love Language” quizzes at [5lovelanguages.com](#))
- *The 7 Principles for Making Marriage Work* - John Gottman and Nan Silver
- *Getting the Love You Want: A Guide For Couples* - Harville Hendrix, PhD
- *Attached: The New Science of Adult Attachment and How It Can Help You Find—And Keep—Love* - Amir Levine, M.D., and Rachel S.F. Heller, M.A. (Take the Attachment quiz on their website [attachedthebook.com](#))
- *Freeing Your Child from Anxiety* - Dr. Tamar Chansky

Article

- [Talking to Your Children about the Corona virus Pandemic](#)

Other

- [DIMENSIONS: Work & Well-Being Toolkit for Physicians](#)
- [Self-Care Toolkit for Coping with Social Distancing](#) by Mandy Doria, LPC

Sleep

Websites

- [National Sleep Foundation](#)
- [CDC's sleep web page](#)
- [American Academy of Sleep Medicine](#)
- Sleep Hygiene
 - [For adults](#) from the Centre for Clinical Interventions in Australia
 - [For children](#) from CHOC.org (Children's Health Orange County)
- CBT-I Online course through [sleepio.com](#)

Podcasts

- [Sleep with Me podcast](#)
- [How To Sleep Better With These Bedtime Rituals](#) from NPR's Life Kit
- [The Infinite Monkey Cage on the Science of Sleep](#)

Books

- *Sink Into Sleep: A Step-by-Step Workbook for Reversing Insomnia* - Judith R. Davidson, Ph.D
- *Sleep Through Insomnia: End the Anxiety and Discover Sleep Relief with Guided CBT-I Therapy* – Brandon Peters, MD

Article

- [COVID-19 is wrecking our sleep with coronasomnia – tips to fight back](#)

Other

- Sleep diaries
 - [from sleepfoundation.org](#)
 - [from sleepeducation.org](#)
- [Audible resource](#)
- Apps for Sleep and Meditation
 - [Headspace](#)
 - [Calm](#)
 - [SleepCycle](#)
 - [Breathe](#)
 - [CBT-i Coach from the VA](#)

Mindfulness

Websites

- CU Anschutz SOM Department of Psychiatry Resources on [Mindfulness, Relaxation, Anxiety & Well-being](#)
- [Self-Care toolkit for Coping with Social Distancing](#) has links to quick breathing exercises
- [Mindfulness](#) resources from the VIA Institute on Character
- [Ten Percent Happier](#) from Dan Harris
- [Mindful Attention Awareness Scale](#) to self-assess characteristics of mindfulness
- [The Myrna Brind Center for Mindfulness](#) at Jefferson University Hospital, leader of MBSR research/programs

Podcasts

- Brené Brown on [Anxiety, Calm, + Over/Under-Functioning](#)
- Dr. Marc Brackett and Brené on ["Permission to Feel"](#)
- [21 Best Meditation Podcasts](#)

Videos

- [Box breathing/Square breathing](#) from Healthline.com
- [Guided audio and video practices](#) from The Myrna Brind Center for Mindfulness Other

Books

- *Being Peace* – Thich Nhat Nanh
- *The Tao of Pooh* – Benjamin Hoff
- *Wherever You Go There You Are* – Jon Kabat-Zinn
- *The Things You Can See Only When You Slow Down: How to be Calm and Mindful in a Fast-Paced World* – Haemin Sunim
- *The Miracle of Mindfulness* – Thich Nhat Nanh
- *The Power of Now* – Eckhart Tolle
- *Untethered Soul* – Michael A. Singer
- *When Things Fall Apart // Comfortable with Uncertainty* – Pema Chödrön
- *Tao te Ching* – Lao Tzu translated by William Scott Willson
- *The Alchemist* – Paulo Coelho

Article

- [What is Loving-Kindness Meditation?](#) from PositivePsychology.com

Other/Apps

- [Waking Up](#) from Sam Harris
- [Aura app](#) asks you questions and give you a 3-minute mindfulness meditation based on your answers
- [Relax Lite app](#) - voted the top mind and body app by doctors in 2014

Mindful Eating and Movement

Websites

- [Health at Every Size](#)
- [Body Scan Meditation](#) from Greater Good in Action at Berkeley
- [Intuitiveeating.org](#)

Podcast

- [The Body is not an Apology](#) from Brené Brown and Sonya Renee Taylor

Videos

- [Body Scan on YouTube](#) with Jon Kabat-Zinn
- “Yoga With Adriene” Short Videos on YouTube
 - [For Neck, Shoulders, Upper back](#)
 - [Tips for the Hands](#)
 - [Low Back and Hamstrings](#)
 - [Wind down Yoga - 12 Minute Bedtime](#)
 - [10-minute Yoga for Self Care](#)
 - [Yoga for the Service Industry](#)
 - [Chair/desk/couch yoga](#)

Books

- *The Body is not an Apology: The Power of Radical Self-Love* – Sonya Renee Taylor
- *Intuitive Eating: An Anti-diet Revolutionary Approach* - Elyse Resch and Evelyn Tribole

Articles

- [58 Science-Based Mindful Eating Exercises and Tips](#) from PositivePsychology.com
- [6 Ways to Practice Mindful Eating](#) from mindful.org