Suggested Resources for Stress and Work-Life Balance

Brene’ Brown, MSW, PhD  (Vulnerability TED talk is good introduction to her research)

* Netflix Documentary
* books and other resources <https://brenebrown.com>

Four Square Breathing  
 <https://youtu.be/mgzhKW08bMQ>

Brian Sexton

* Three Good Things

Belleruth Naparstek <https://www.healthjourneys.com>

* Guided Meditations to Help With Anxiety <https://www.bing.com/videos/search?q=Belleruth+Naperstek+and+TED+talks&docid=607990862638679420&mid=DB162A018FE95502DA43DB162A018FE95502DA43&view=detail&FORM=VIRE>
* Guided Meditations To Relieve Stress

Kristen Neff, PhD

* Guided Meditations and research <https://self-compassion.org>

Dan Siegel, MD

* Interpersonal Neurobiology Online Courses
* Guided Meditation on Wheel of Awareness
* Books and other resources
* <https://www.drdansiegel.com/home/>

Greater Good At Berkeley

* Resource for educational materials and healthcare conferences
* <https://greatergood.berkeley.edu>

Unconscious Bias

* Implicit Associations Inventory from Harvard
* <https://implicit.harvard.edu/implicit/takeatest.html>

Cleveland Clinic Empathy Video

* <https://www.youtube.com/watch?v=cDDWvj_q-o8>

John O’Donohue

* Celtic Poetry
* <https://www.johnodonohue.com>

James Coan, PhD

* The Brain and Environment
* <https://www.youtube.com/watch?v=n1fPICEfZKs>

Lou Cozolino,PhD

* Neuroscience of Education
* [https://www.amazon.com/Social-Neuroscience-Education-Optimizing-Attachment/dp/0393706095/ref=sr\_1\_6?crid=1GAOHNQSQLA42&keywords=cozolino&qid=1567521657&s=gateway&sprefix=cozolino%2Caps%2C145&sr=8-6](https://www.amazon.com/Social-Neuroscience-Education-Optimizing-Attachment/dp/0393706095/ref=sr_1_6?crid=1GAOHNQSQLA42&keywords=cozolino&qid=1567521657&s=gateway&sprefix=cozolino,aps,145&sr=8-6)
* <https://www.youtube.com/watch?v=D2n-UzA-yaY>







