



Books

The Upside of Stress – Kelly McGonigal
Mindsight – Dr. Daniel Siegel
Resilient – Dr. Rick Hanson
Emotional Intelligence – Daniel Goleman
The Power of Vulnerability – Brene Brown
The Body Keeps the Score – Bessel van der Kolk
The Undefeated Mind – Alex Lickerman

Podcasts

Being Well – Dr. Rick Hanson
TED Radio Hour
The Trauma Therapist – Guy Macpherson

Pause First Academy

<https://pausefirst.com/>
<https://youtu.be/cAfmahDSMg>

Resources

Blue Help <https://bluehelp.org/>
My Battle Within <https://www.thebattlewithin.org/>
Code 9 <https://code9.org/>
Live a Great Story <https://liveagreatstory.mn.co/>

Exercises

Balance Wheel Exercise https://www.mindtools.com/pages/article/newHTE_93.htm

Stress TED Talk

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Fun

Live a Great Story <https://liveagreatstory.com/collections/all>

I do not receive any compensation for this link.

Personal Mission Statement

<https://msb.franklincovey.com/>
<https://www.daveramsey.com/blog/mission-statement-101>

info@brendadietzman.com | 316.304.6244 | www.wayfinderconsulting.info

Inspiring | Educational | Motivating | Entertaining