

Mental Health Week 2024 – English Directory of Resources

Podcast Episodes & Videos

1. [***Being Kind to Yourself by Hidden Brain***](#)

In this 52-minute episode, Dr. Kristin Neff, a pioneer in self-compassion education, explains why self-criticism stunts our ability to grow and how practicing self-compassion can improve our relationships with others.

2. [***Self-Compassion: Kryptonite for the Inner Critic with Kristin Neff by Ten Percent Happier with Dan Harris***](#)

This is a podcast episode featuring Dr. Kristin Neff about what self-compassion really means and why it's a learnable skill.

3. [***10-Minute Guided Meditation to Self-Love***](#)

This 10-minute guided meditation will help you generate feelings of self-kindness and acceptance. Learn how you can learn the art of “meta-meditation” from anywhere, at any time.

4. [***Robert Waldinger TED Talk: What Makes a Good Life? Lessons From the Longest Study on Happiness***](#)

Psychiatrist and psychoanalyst, Robert Waldinger, discusses research and findings from the longest study on happiness ever existing, one that spanned 75 years.

5. [***How to Be a Friend to Yourself***](#)

If a friend is in trouble, we treat them with consolation and wisdom. Why don't we do the same to ourselves? This short video explains how to start being a better friend to yourself.

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Books

1. ***Self-Compassion: The Proven Power of Being Kind to Yourself*** by Dr. Kristin Neff
By shifting the focus from self-esteem to self-compassion, life-changing effects can happen.
 - [Audiobook](#)
 - [Physical book](#)
2. ***The Mountain Is You: Transforming Self-Sabotage into Self-Mastery*** by Brianna Wiest
Why do we self-sabotage? How can we overcome our internal struggles? Brianna Wiest answers these questions and more in this powerful book.
 - [Audiobook](#)
 - [Physical book](#)
3. ***Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*** by Jon Kabat-Zinn
Jon Kabat-Zinn introduces you to mindfulness and meditation in everyday life.
 - [Audiobook](#)
 - [Physical book](#)
4. ***Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem*** by Matthew McKay and Patrick Fanning
Learn how to improve your self-esteem and ways to increase your confidence.
 - [Audiobook](#)
 - [Physical book](#)

Apps

1. ***Happify***
Science-backed games and activities to increase your mood and form new mental habits.
 - [Click here](#) to download for Apple
 - [Click here](#) to download for Android
2. ***Insight Timer***
A free library of over 200,000 guided meditations with thousands of different teachers to choose from..
 - [Click here](#) to download for Apple
 - [Click here](#) to download for Android
3. ***Headspace***
Provides guided meditation for individuals of all levels.
 - [Click here](#) to download for Apple
 - [Click here](#) to download for Android
4. ***Calm***
Provides sleep stories, calming sounds, and guided meditations.
 - [Click here](#) to download for Apple
 - [Click here](#) to download for Android

BONUS TIP: Ask around!

Your friends, family, and colleagues may know of other resources that they've found useful or share ones that have worked for you to keep the discussion around self-compassion going.

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