

## Helpful Resources and References

### Window of Tolerance

Mind My Peelings: Understanding the Window of Tolerance and How It Affects You

<https://www.mindmypeelings.com/blog/window-of-tolerance>

Siegel, D. J. (2012). *The developing mind: How relationships and the brain interact to shape who we are* (2nd ed.). [Book].

### Self-Compassion

Self-Compassion by Dr. Kristin Neff

<https://self-compassion.org/>

Self-Compassion by Chris Germer

<https://chrisgermer.com/>

Self-Compassion by Tara Brach

<https://www.tarabrach.com/compassion-others-self/>

### Stress & Burnout

Nagoski, E. & Nagoski, A. (2019). *Burnout: The Secret to Unlocking the Stress Cycle*. [Book].

Emma McAdam – Therapy in a Nutshell (free resources and YouTube channel) – with lots of resources of stress reduction, mindfulness, anxiety, grounding, distress tolerance skills, etc.

<https://www.youtube.com/c/TherapyinaNutshell>

<https://courses.therapyinanutshell.com/>

Strategies (available to search on YouTube or online)

- Guided Progressive Muscle Relaxation
- Guided Imagery/Visualization
- Guided Body Scan
- 4-7-8 breathing
- Box breathing
- Paced breathing
- Resonance breathing
- Breath of Joy
- Physiological sigh breathing

### Mindfulness/Mindfulness-based Stress Reduction (MBSR)

The Free Mindfulness Project

<https://www.freemindfulness.org/download>

Palouse Mindfulness. Free online Mindfulness-based Stress Reduction program

<https://palousemindfulness.com/>

Stahl, B. & Goldstein, E. (2019). *A Mindfulness-Based Stress Reduction Workbook* Second Edition.

Jon Kabat-Zinn. (1994). *Wherever You Go, There You Are*.

Jon Kabat-Zinn. (1990). *Full Catastrophe Living*.

Insight Timer (App) || Calm (App) || Headspace (App)  
(all also include guided imagery and visualizations)

Mindful.org

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

### **Breathing/Breathwork**

4-7-8 Breath

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Healthline: 10 Breathing Exercises to Try when You're Feeling Stressed

<https://www.healthline.com/health/breathing-exercise#belly-breathing>

The Breathing App (App)

### **Radical Acceptance**

Tara Brach website

<https://www.tarabrach.com/>

Tara Brach. (2003). *Radical Acceptance: Embracing Your Life with the Heart of the Buddha*.

Verywellmind – How to Embrace Radical Acceptance:

<https://www.verywellmind.com/what-is-radical-acceptance-5120614>