

Resources You Can Use on Your Own

Activities can include:

- Playing a game or sport or doing other physical activities
- Painting, drawing, or other artistic expression
- Volunteering to help others, such as at a shelter or animal rescue facility
- Practicing breathing exercises, meditation, yoga, or other mindfulness activities
- Singing or playing a musical instrument
- Participating in a support group
- Joining a group in your faith community
- Journaling (suggested book: ***Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval*** by J. W. Pennebaker)

Healing can help you:

- Connect with others.
- Be in touch with your body (sometimes called “grounding”).
- Express emotions in a safe and healthy way.
- Work off stress physically.
- Be fully present in the moment.
- Feel joy.

Buddhas’ Brain: The Practical Neuroscience of Happiness, Love, and Wisdom by Rick Hanson and Richard Mendius

The Deepest Well by Nadine Burke-Harris

Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal by Donna Jackson Nakazawa



Mobile Apps

- **Mindfulness Coach:** Available at the App Store. Practicing mindfulness reduces stress, improves emotional well-being, increases self-awareness, and helps with anxiety, depression, and chronic pain.
- **iChill:** Available at the App Store and Google Play. This app teaches a set of skills to help you build resilience.



Videos

- **Connected Parents, Connected Kids** by Futures Without Violence at www.acesconnection.com/clip/connected-parents-and-kids (7 minutes)
- **How Childhood Trauma Affects Health Across a Lifetime** by Dr. Nadine Burke-Harris at www.acesconnection.com/clip/ChildhoodTrauma (TED talk, 16 minutes)
- How to build coping skills www.acesconnection.com/clip/building-skills

- **myStrength:** Available at kp.org/selfcareapps.



Supports your overall well-being, and helps with depression, anxiety, pain, trauma, recovery, pregnancy, and early parenting. Available on your computer or phone.

- **Calm:** Available at kp.org/selfcareapps. Offers mindful meditations, sleep stories for better sleep, and support overall well-being.



- **Free Guided Meditations:** Listen to guided meditations at kp.org/listen
- **“Just One Thing” Newsletter:** Sign up for Rick Hanson’s “Just One Thing” free weekly newsletters for more fulfilling relationships and peace of mind. Visit rickhanson.net/writings/just-one-thing/
- **ACEs Too High News Blog:** Find research about adverse childhood experiences (ACEs), including the health consequences of toxic stress. Visit acestoohigh.com