

[Half of Us | The pain is real](#)

[Patients & Families \(psychiatry.org\)](#)

[Brené Brown: Listening to shame | TED Talk](#)

[Self | Live Happy Magazine](#)

[Mental Health, Depression, Anxiety, Wellness, Family & Relationship Issues, Sexual Disorders & ADHD Medications \(mentalhelp.net\)](#)

[Brené Brown: The power of vulnerability | TED Talk](#)

[ULifeline: Mental health resources for college students](#)

[Non-Cheesy Mantras For an Immediate Confidence Boost \(thriveglobal.com\)](#)

[Anxiety/Stress on the Body: Maintaining Mental and Emotional Health \(instructure.com\)](#)

[Grit: Emotional Resilience - \(TED Talk\): Maintaining Mental and Emotional Health \(instructure.com\)](#)

General

