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Post – Course Resources

The following guide is a FREE tool designed by LP Speak to empower individuals after they have been trained by LP Speak in any capacity.

“Anything that’s human is mentionable, and anything that is mentionable can be manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

Fred Rogers

Please explore this guide's resources, to continue your mental wellness journey.

The resource material within this guide are designed to partner with the information in this webinar.

By continuing your education, you are humbly admitting that you don't know everything. And as a result, you are one of the smartest people in the world.

Thank you for being a curious and compassionate member of our community, committed to a lifetime of learning.

If you know of a resource or topic that should be added to this guide, please email Leslie@lpspeak.com to let us know!



DISCOVER YOUR RESOURCES

Topic Specific Resources

Welcome and Intro

- www.lpspeak.com

Identify habits that cause burnout

- Set Boundaries, Find Peace: A Guide to Reclaiming Yourself by Nedra Glover Tawwab
- [Warning Signs of Burnout](#)
- [Optimum Productivity Tracker](#)

Learn how to use what you already do everyday to combat stress

- [Box Breathing Exercise](#)
- Positive Psychology at the Movies by Danny Wedding, Ryan M. Niemiec
- <https://psychcentral.com/blog/how-watching-movies-can-benefit-our-mental-health#2>
- <https://www.silversneakers.com/blog/health-laughter/>
- Happy Lemons: How Laughter Breeds Success by Thomas Flindt
- The Joy of Living by Yongey Mingyur Rinpoche
- [Downsides to Always Trying to be Positive](#)

Get to the root of work/life balance...YOU

- (Video) Simon Sinek - The Right Way to do Work-Life Balance <https://youtu.be/O0yxJH2i0DE>
- <https://news.gallup.com/poll/348743/seven-u.s.-white-collar-workers-still-working-remotely.aspx>

Create a simple self-care routine that you can do seamlessly today

- <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>
- <https://www.forbes.com/sites/quora/2019/02/18/how-important-is-sleep-for-exercise-recovery/?sh=7bdf95fb41ad>
- <https://niach.ernesthealth.com/how-sleep-helps-healing/>
- <https://www.medicalnewstoday.com/articles/320760>
- <https://heelthatpain.com/8-health-benefits-of-having-fun/>
- <https://www.xpedition.co/post/10-ways-to-maintain-company-culture-while-working-remotely/>



DISCOVER YOUR RESOURCES

National Lifeline Resources

- Crisis Text Line (Text “Buddy” to 741-741; Call 877-382-1609)
- National Suicide Prevention Lifeline (1-800-273-TALK - press 1 for veterans, press 2 for Spanish)
- [The National Alliance on Mental Illness \(NAMI\)](#)
 - Treatment Provider Locator (617-704-NAMI; email COMPASS@namimass.org)
 - NAMI Information HelpLine (1-800-950-NAMI)
 - [NAMI Support Group Locator](#)
- [Substance Abuse and Mental Health Services \(SAMHSA\) National Helpline \(1-800-662-HELP\)](#)
- [National Council for Behavioral Health Treatment Provider Locator](#)
- Grief Share (1-800-395-5755)
- Self Abuse Finally Ends (S.A.F.E.) (1-800-DONT-CUT)
- United States Elder Abuse Hotline (1-866-363-4276)
- [DBSA - Depression and Bipolar Support Alliance \(dbsalliance.org\)](#)
- [Anxiety and Depression Association of America \(ADAA\)](#)
- [National Institute of Mental Health \(NIMH\)](#)

Self-Care Resources

Mindfulness:

- [What Is Mindfulness?](#)

Breathing Breaks:

- [Five-Finger Breathing Break \(Video\)](#)

The Stress Hormone (Cortisol):

- [The Impact of Stress on the Brain \(Video\)](#)



SELF-CARE RESOURCES

Self – Care:

- [Taking a Strengths-Based Approach to Self-Care](#)
- [Learn Your Self-Love Language](#)

Positive Self Talk:

- [Father Motivates Daughter in Mirror \(Video\)](#)
- Daily Motivation – Motivational Quotes (Google Chrome Extensions)

Positive Psychology:

- [What is Positive Psychology?](#)
- Happify (Positive Psychology App)

Hands On Stress Relief:

- [How Art Can Reduce Stress](#)
- [Mindful Drawing \(Art Therapy\) \(Video\)](#)

Productivity & Focus

- [Brain Break \(Video to Refocus\)](#)
- [The Eisenhower Matrix](#)
- [Time Management \(7 Big Rocks\) \(Video\)](#)

Mood Tracking:

- Moodkit (App)
- Moodpath (MindDoc) (App)

Sleep Habits:

- [The Research Behind Weighted Blankets](#)

Splurges:

- [7 Benefits of a Standing Desk](#)
- [18 Essential Oils for Anxiety](#)
- [The Impact of Simulation Lamps on Mental Health](#)
 - [Wake Up to Sunlight Alarm Clock](#)

Teletherapy:

- [BetterHelp](#)
- [Talk Space](#)
- [7 Cups](#)

Financial Wellbeing:

- [11 of the Best Financial Literacy Podcasts](#)
- [Intuit Mint \(Budgeting/Spending App\)](#)
- [Acorns](#)
- [Experian](#)

