**Books**

Mindfulness for Warriors – Kim Colegrove

The Upside of Stress – Kelly McGonigal

Mindsight – Dr. Daniel Siegel

Resilient – Dr. Rick Hanson

Emotional Intelligence – Daniel Goleman

The Power of Vulnerability – Brene Brown

The Body Keeps the Score – Bessel van der Kolk

The Undefeated Mind – Alex Lickerman

Start with Why – Simon Sinek

Originals – Adam Grant

**Podcasts**

Guns & Yoga – Wendy Hummell <https://gunsandyoga.podbean.com/>

Being Well – Dr. Rick Hanson

TED Radio Hour

The Trauma Therapist – Guy Macpherson

**Pause First Academy**

<https://pausefirst.com/>

<https://youtu.be/cAfmmahDSMg>

**Resources**

Blue Help <https://bluehelp.org/>   
My Battle Within <https://www.thebattlewithin.org/>

Code 9 <https://code9.org/>

**Exercises**

Balance Wheel Exercise <https://www.mindtools.com/pages/article/newHTE_93.htm>

**Stress TED Talk** (Please watch this TED Talk)

<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en>

**Fun**

Live a Great Story <https://liveagreatstory.com/collections/all>

I do not receive any compensation for this link.

**Personal Mission Statement**

<https://msb.franklincovey.com/>

<https://www.daveramsey.com/blog/mission-statement-101>