

## **Resources for Cultivating Self-Compassion**

<http://bit.ly/mla-self-compassion>

### **Apps**

- [Calm](#)
- [Headspace](#)
- Breathe2Relax ([Apple](#), [Android](#))
- Meditation Rx ([Apple](#), [Android](#))
- UCLA Mindful ([Apple](#), [Android](#))
- [InsightTimer](#)
  - “Connect with Your Inner Wisdom” by Kate James
  - “Self-Compassion Break” by Kristin Neff
  - “Facing Fear with Compassion” by Elizabeth Gilbert
  - “Loving Kindness Practice” by Kate James
  - “Re-centering in Times of Uncertainty” by Alexandra Elle
  - “Choose Peace Over Panic” by Caren Baginski
  - “Yoga Nidra for Sleep” by Jennifer Percy
  - “Deep Rest Meditation” by Mary Maddux
  - “Embracing Change” by Julie Skon

### **Podcasts**

- [Meditation Oasis](#)
- [Nothing Much Happens](#)
- [Needy with Mara Glatzel](#)
- [Happier with Gretchen Rubin](#)

### **Videos**

- [Dartmouth Guided Video Meditations](#)
- [Jason Stephenson-Guided Meditations and Sleep Music](#)
- [Neurosequential Network COVID-19 Stress, Distress & Trauma Series](#)
- [Autonomous Sensory Meridian Response](#)

### **Web-based Resources**

- [Kristen Neff-Self-Compassion Guided Meditations and Exercises](#)
- [Tara Brach-Guided Meditations](#) (podcast also available)
- [Dartmouth Guided Audio Meditations](#)
- [UCLA Mindful Awareness Research Center-Guided Meditations](#)
- [Greater Good Science Center-Monthly Happiness Calendar](#)
- [Center for Mindful Self-Compassion](#)
- [Fortitude & Flow](#)

- [Missouri Dept. of Mental Health-Self-care Resources](#)
- [“What Is This Feeling? Anticipatory Grief and Other New Pandemic-Related Emotions”](#)

## **Books**

- “Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind” by Kristin Neff
- “The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive” by Kristin Neff and Christopher Germer
- “The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are” by Brené Brown
- “A Mindfulness-Based Stress Reduction Workbook” by Bob Stahl and Elisha Goldstein
- “Untamed” by Glennon Doyle
- “Start Right Where You Are: How Little Changes Can Make A Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists” by Sam Bennett
- “There Is No Good Card for This: What to Say and Do When Life Is Scary, Awful, and Unfair to People You Love” by Kelsey Crowe and Emily McDowell
- “The Art of Showing Up” by Rachel Wilkerson Miller
- “Drop the Ball: Achieving More by Doing Less” by Tiffany Dufu
- “Burnout: The Secret to Solving the Stress Cycle” by Emily Nagoski
- “Big Magic: Creative Living Beyond Fear” by Elizabeth Gilbert
- “F\*ck That: An Honest Meditation” by Jason Headley