

Mental Health Awareness Week 2021

Our top 5 favourite mental health resources:

Books

1. **Reasons to Stay Alive by Matt Haig** - *An accessible and life-affirming memoir of Matt's struggle with depression and anxiety, and how his triumph over illness taught him to how live.*
2. **Maybe You Should Talk to Someone by Lori Gottlieb** - *New York Times best-selling author, psychotherapist, and advice columnist, Lori offers a hilarious and thought-provoking insight into the therapist's world - and her own experiences in therapy.*
3. **Solve for Happy by Mo Gawdat** - *Google's [X] CBO, Mo, decided to put his superior skills of logic and problem solving to the issue of happiness. Thirteen years later, his algorithm is put to the ultimate test after the sudden death of his son, Ali, during a routine operation. In dealing with the loss, Mo found his 'moonshot' helping ten million people become happier by spreading his principles around the world.*
4. **Together: Loneliness, Health and What Happens When We Find Connection by Dr Vivek Murthy** - *The world is more connected than ever, and yet loneliness is at epidemic levels. But what effect is it having on our health, and how can we treat it? The former US surgeon general's prescient message is about the importance of human connection.*
5. **The Subtle Art of Not Giving a F**k by Mark Manson.** *A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humour, this book is 'a refreshing slap in the face' to help our generation lead more contented, grounded lives.*

Apps

1. **Daylio** – *journaling app which allows you to track your mood and daily activities without writing a single word! The platform then provides feedback reports, helping you identify activities you do when you feel great and what's happening on bad days*
2. **Slumber** - *offers a combination of experiences to help you fall asleep, whether it's meditation focused, a six-part bedtime story series, or the sound of a warm jacuzzi.*
3. **Headspace** - *a wellness app designed to help with anxiety, sleep, stress and motivation. Includes a variety of guided meditations, sleep casts, and more*
4. **Forest** - *a productivity app that helps you beat your phone addiction and manage your time better in an interesting way. With Forest, you can focus on what's important in your life, whilst planting actual trees and helping the environment.*
5. **Fabulous** - *helps you keep track of your goals, motivating you to build new routines and prioritize your own health. Whether you're trying to drink enough water, exercise more frequently or sleep better this app is designed to help you get there.*

Podcasts

1. **The Happiness Lab** – Yale professor Dr Laurie Santos, creator of the most popular class in the institution's history, takes you through the latest scientific research and shares some surprising and inspiring stories that will forever alter the way you think about happiness.
2. **Feel Better, Live More** – UK doctor, Rangan Chatterjee wants to empower you to become the architect of your own health, taking a 360° approach to health by focussing on the 4 pillars of health: food, movement, sleep and relaxation. He believes that when you are healthier, you are happier and that when you feel better, you live more.
3. **Dear Therapists** – Renowned therapists and national advice columnists, Lori Gottlieb and Guy Winch, bring real stories about what it means to be human, straight to your ears. Sit in on intimate sessions as they guide clients through the everyday challenges of life.
4. **Finding Mastery** - Finding Mastery takes you inside the minds of the world's best athletes, business leaders, scientists, doctors, and artists pushing the perception of what's possible. This podcast pulls back the curtain on their self-discovery process and the mental skills that allow these people to be great.
5. **Ten Percent Happier** - Dan Harris, a fidgety, skeptical ABC News anchor who had a panic attack live on 'Good Morning America', and this led him to try something he always thought was ridiculous: meditation. In his podcast, he explores from all angles, venturing beyond meditation to cover areas such as social anxiety, bias, creativity, and relationships.

Webpages

- **Mind: Student Mental Health Page** - <https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/about-student-mental-health/>
- **Student Minds** - <https://www.studentminds.org.uk>
- **Psychology today** - <https://www.psychologytoday.com/gb>
- **Very Well Mind** - <https://www.verywellmind.com>
- **NHS: Mental Health** - <https://www.nhs.uk/mental-health/>