SB-YOU: Take Care of Your Mental Health
“Go-to” Resources to Help You Take Care of Your Mental Health

Shared by Karlin Bruegel, PhD, Clinical Psychology

- Books:
  - *Mind Over Mood* by Dennis Greenberger
  - *Freedom from Your Inner Critic* by Jay Earley and Bonnie J. Weiss

- Blogs and Vlogs:
  - The Bloggess [https://thebloggess.com/](https://thebloggess.com/)
  - Captain Awkward Advice Blog [http://www.captainawkward.com](http://www.captainawkward.com)

- Websites:
  - My website! [http://www.karlinbruegelphd.com](http://www.karlinbruegelphd.com)
  - Shine: Hydrocephalus and SB [https://www.shinecharity.org.uk/](https://www.shinecharity.org.uk/)
  - NAMI [https://www.nami.org/find-support/nami-helpline/top-25-helpline-resources](https://www.nami.org/find-support/nami-helpline/top-25-helpline-resources)

Shared by Kristin Lovering-Marquis, SBA Adult Advisory Council

- Closed (private) Facebook groups
- Your local hospital’s weekly/monthly support groups
- Your local SBA Chapter
- Phone apps (Virtual Hope Box, Headspace, Calm, Insight Timer)
- Journaling
- Books
  - *The Universe Has Your Back: Transform Fear to Faith*, Gabrielle Bernstein
  - *Girl, Wash Your Face*, Rachel Hollis
  - *You are a Badass*, Jen Sincero
  - *Unf*ck Yourself: Get Out of Your Head and Into Your Life*, Gary John Bishop
  - *Born to Break the Boundaries*, Stacey Santonastasso

Shared by Sarah Haywood, SBA Adult Advisory Council

- Kristin's blog - [https://spina-beautiful.com/blog/](https://spina-beautiful.com/blog/)
  - Features profiles of others living with Spina Bifida
  - Great way to connect with people.

- Guided meditations on YouTube.
  - Search for the type of healing you want (sleep, anxiety, depression, etc.)

- Journaling: Helps me sort everything out when things feel overwhelming.
- Make lists. Every time I cross something out, it’s a weight off my shoulders.