



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/>
 - Captain Awkward Advice Blog <http://www.captainawkward.com>
 - Andrea Lausell: Latina Youtuber with SB <http://www.andrealausell.com/>
- Websites:
 - My website! <http://www.karlinbruegelphd.com>
 - Shine: Hydrocephalus and SB <https://www.shinecharity.org.uk/>
 - NAMI <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/> !
 - 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.