



Self-Help & Educational Resources

Keep learning. Keep growing. Keep showing up for you.



Explore books, podcasts, apps, and educational materials to support your mental health, personal growth, and self-understanding.



BOOKS

- The Body Keeps the Score** – Bessel van der Kolk
- Maybe You Should Talk to Someone** – Lori Gottlieb
- Attached** – Amir Levine & Rachel Heller
- Set Boundaries, Find Peace** – Nedra Glover Tawwab
- Atomic Habits** – James Clear
- The Highly Sensitive Person** – Elaine N. Aron
- Untamed** – Glennon Doyle



PODCASTS

- Therapy for Black Girls**
- The Good Inside** with Dr. Becky
- On Being** with Krista Tippett
- This Jungian Life**
- The Mental Illness Happy Hour**
- Where Should We Begin?** (with Esther Perel)
- Unlocking Us** with Brene Brown



APPS

- Insight Timer** – meditation & relaxation
- Calm** – sleep, stress & mindfulness
- Headspace** – meditation & mindfulness
- Finch** – self-care & mood support
- Moodnotes** – track moods & patterns
- Daylio** – mood tracker & journal
- I Am** – daily affirmations



PSYCHOEDUCATION TOPICS



Anxiety & Worry



Depression



Trauma & PTSD



Self-Esteem & Self-Compassion



Relationships & Attachment



Boundaries & Communication



Emotions & Regulation



Grief & Loss

WAYS TO LEARN & GROW



Read. Learning new perspectives can bring clarity and understanding.



Listen. Podcasts can offer insight, comfort, and connection on the go.



Explore. Try new tools and approaches to see what works for you.



Reflect. Journal, ask questions, and take note of what resonates.



Apply. Small steps of knowledge become powerful tools for change.

You are allowed to take your time.

KEEP CURIOUS • BE KIND TO YOURSELF • YOU ARE ENOUGH



Healing isn't linear, but you don't have to do it alone.
Keep showing up for yourself—one sip at a time.

A Sip of Therapy