

IG Accounts - Mental Health Professionals

1. Amy Tran: <https://www.instagram.com/doodledwellness/>
2. Jake Ernst: <https://www.instagram.com/mswjake/>
3. Jenny Wang: <https://www.instagram.com/asiansformentalhealth/>
4. Lisa Olivera: <https://www.instagram.com/lisaolivera/>
5. Nedra Tawwab: <https://www.instagram.com/nedratawwab/>
6. Sara Kuburic: <https://www.instagram.com/millennial.therapist/>

IG Accounts - Artists

1. Chibird (Jacqueline): <https://www.instagram.com/chibirdart/>
2. Dinosaur: <https://www.instagram.com/dinosandcomics/>
3. Guy Kopsombut: <https://www.instagram.com/4amshower/>
4. Liz Climo: <https://www.instagram.com/lizclimo/>
5. Liz Fosslien: <https://www.instagram.com/lizandmollie/>
6. Matt Tarpley: <https://www.instagram.com/catscafecomics/>

YouTube Channels

1. PsychHub: <https://www.youtube.com/c/PsychHub/>
2. Psych2Go: <https://www.youtube.com/c/Psych2go>
3. The School of Life: <https://www.youtube.com/c/theschooloflifetv/>

Resources

1. 99 Coping Skills: <https://www.yourlifeyourvoice.org/pages/tip-99-coping-skills.aspx>
2. 101 Positive Things to Say to Myself:
<https://www.yourlifeyourvoice.org/pages/tip-101-positive-things-to-say-to-myself.aspx>
3. Five on Friday: <https://www.cugmhp.org/five-on-friday-blog/>
4. Adult Coloring Pages:
<http://www.supercoloring.com/collections/coloring-pages-for-adults>
5. Crisis Hotlines:
 - a. Crisis Text Line: Text HOME to 741741
 - b. National Suicide Prevention Lifeline: 1-800-273-8255
 - c. Orange County Warmline: 1-714-991-6412
 - d. Local Crisis Line Numbers: <https://whcs.uci.edu/redfolder>

It's okay to be tired. I can allow myself to rest.