ARTICLES AND VIDEOS BY TOPIC

please note: this document is in process

These are my hand-picked mental health resources on a variety of topics. I add to it regularly as I research or encounter something useful. **It is not meant to be a comprehensive catalog, but rather a collection of materials I have determined to be useful, organized by category.** Please be in touch if you wish to provide feedback or offer suggestions.

ANGER

From Abuse

Article: Being Angry over Abuse Doesn't Make You a Narcissist: It's Righteous Anger

ANXIETY

Anxiety Cycle

Video: Anxious but don't know why? and part 2

APPS

Coloring Apps

Article: Best Coloring Apps

Anxiety Apps

Article: 9 Best Anxiety Apps of 2021

Relaxing Games

Article: 8 Relaxing iOS and Android Games That Will Help You De-Stress

ATTACHMENT

Rupture and Repair

Article: Rupture & Repair Part 1:Connection, Disconnection, & Emotional Communication in Infancy

AUTISM

What is autism?

Blogpost: What is autism (Nick Walker)
Web Book: Welcome to the Autistic Community

De-Pathologizing Neurodiversity/Autistic Identity

Blogpost: A Neurodiversity Paradigm Breakdown of the DSM-5 Criteria for Autism

Unrecognized Autism

TED Talk: Invisible Diversity: A Story of Undiagnosed Autism

Late Diagnosis

Blog Post: It's Never Too Late

Meltdowns

Article: Neurodivergent Meltdowns in Adults - A Guide for Autistic and ADHD Adults

Women and Girls

Article: Aspergers and Autism Spectrum: Women and Girls

Resources

Google Doc: Recommended Reading on Autism and Neurodiversity (Miriam Zisook)

CHILDREN OF

...parent with Borderline Personality Disorder

Article: Having a parent with Borderline Personality Disorder

...dysfunctional families

Article: The Real Reason for Troubled Sibling Relationships

CBT (COGNITIVE BEHAVIORAL THERAPY)

Workshop

Website: Online CBT Workshop

COMPULSIVE BEHAVIORS

Compulsive Sexual Behavior

Article: Sex or Soothing? Discerning the Core Emotions of Intimacy

DISSOCIATION

Dissociative Diagnoses

Article: Comparing OSDD-1 to DID

EATING + FEEDING DISORDERS

ARFID

Article: Avoidant Restrictive Food Intake Disorder (ARFID)
Workbook: CBT-AR Patient and Family Workbook

Atypical Anorexia

Article: Can Anorexia Nervosa Affect People of Higher Weights

Excessive Exercise

Article: Excessive Exercise and Eating Disorders
Article: Excessive Exercise as an Eating Disorder Symptom

Fat Phobia

Article: Impact of Fat Phobia on Body Image
Article: Recovering from an Eating Disorder When You Live in a Larger Body

In the Black community

Article: Beyond "Eating Disorders Don't Discriminate"

Attachment

Article: It's about Relationships, Not Food!

Hunger Cues

Blogpost: How to Recognize Hunger Cues in Different Ways
Blogpost: Leptin and Cortisol in Eating Disorders

Testimonials

Articles and Videos: Eating disorders (young people)

***EMOTIONS

Purpose of emotions

Video: Three Components of Emotion and the Universal Emotions

Emotions in the Body

Research Article: Bodily Maps of the Body

Identify Emotions

Article: Learning to Identify—and Release—Your Core Emotions

Regulate Emotions

Toolbox: Emotion Regulation: Help young people to manage intense emotion

Please email natalie@natalierusspsyd.com to suggest additions or changes.

https://www.youtube.com/watch?v=ReP9CjQW3P4&t=373s

https://www.huffpost.com/entry/finding-your-authentic-pu_b_8342280?guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAMOr9SyYGkzVkEP-B0lxemrYepOoaVy-8kuY5IdKqXVGsIyhxKMv74-9D8XGNAOx5iRnOTSwoBrUUaijtcgIlwsSyBBNmKR5CJZOpjPM4-OT4q66ZrSrEAUVijhjlyvEqt5xwuBJ3OKpIOOS0FDl1YSDPs8Mdh1bFB0qGLPyXShd&guccounter=2

Video https://youtu.be/SJOjpprbfeE

***EMPATHY

https://youtu.be/l2zLCCRT-nE

https://youtu.be/1Evwgu369Jw

***EXECUTIVE FUNCTION

Adventures of you

Part 1: https://www.youtube.com/watch?v=JmwRgckMKXg

Part 2: https://www.youtube.com/watch?v=Qgl7DZz1p7o

Part 3: https://www.youtube.com/watch?v=two4uoi69zw

***Executive Function: Your Brain's Control Center**

https://www.youtube.com/watch?v=sZmElSGKBG8

FRIENDSHIP

Adult

Article: How to make friends as an adult

Please email natalie@nataliersspsyd.com to suggest additions or changes.

GENDER AND SEXUAL MINORITY

"Gay Attachment Trauma"

Article: What Is Gay Attachment Trauma and Why Do We All Have It?

GRIEF

How To

Article: How to Cope With Grief in a Healthy Way

The Unlived Life

Blog Post: Soul Sadness: Grieving Our Unlived Lives
Article: Dancing with Your Unlived Life: Living Life Without Regret

INTRUSIVE THOUGHTS

7 Tips on How to Stop Intrusive Thoughts

MEDS & SUBSTANCES

Marijuana

The Use of Marijuana for Anxiety

MINDFULNESS

Limitations of Meditation

Article: What Meditation Can't Cure

***NERVOUS SYSTEM

Autonomic Nervous System (ANS)
Video: ANS and physiologic markers of emotion

Vagus Nerve
https://www.therapyaustin.com/blog/2019/6/7/viva-las-vagus-nerve-polyvagal-theory-for-clients

https://www.psychologytoday.com/us/blog/the-athletes-way/201607/vagus-nerve-stimulation-dramatically-reduces-inflammation?fbclid=IwAR1W9KoGIJU7VOvgCnXN-8J_SvVw3XThqh4fVaT8u129WGdEVANZzFfHYiw

Stress Cycle
https://www.penguin.co.uk/articles/2019/mar/complete-stress-cycle-emotional-exhaustion-burnout.html

***OBSESSIVE-COMPULSIVE SPECTRUM

OCD/Reassurance
https://ocdla.com/reassurance-seeking-ocd-anxiety-1952

“Pure O”
https://ocdla.com/pure-o-101-6880

OCD and Contamination
https://iocdf.org/expert-opinions/expert-opinion-contamination/

Thought Blocking
https://www.sleepstation.org.uk/articles/sleep-tips/thought-blocking/

Social Anxiety
https://ocdla.com/socialphobia

OCD and Executive Dysfunction

https://iocdf.org/expert-opinions/expert-opinion-ocd-and-adhd-dual-diagnosis-misdiagnosis-and-the-cognitive-cost-of-obsessions/

Here is a video that does a nice job of describing the breadth of OCD manifestations.

Here is an article about OCD and pets/animals.

Please email natalie@nataliersspsyd.com to suggest additions or changes.

And here is an article on ADHD v. OCD, the similarities and differences.

OCD inventory https://iocdf.org/wp-content/uploads/2016/04/04-Y-BOCS-w-Checklist.pdf

Health Anxiety OCD:
https://www.sheppardpratt.org/news-views/story/shedding-light-on-health-anxiety-ocd/

reassurance seeking and tolerating uncertainty:
https://ocdla.com/reassurance-seeking-ocd-anxiety-1952

tools for panic attacks: https://youtu.be/8xZ2L8il6W4

thought blocking techniques: https://www.sleepstation.org.uk/articles/sleep-tips/thought-blocking/

https://youtu.be/epDVMBNXsXY

PARENTING

Sleep Training

Website: Baby Sleep Science: Sleep Resource Center

***PERFECTIONISM

https://www.goodtherapy.org/learn-about-therapy/issues/perfectionism

https://www.youtube.com/watch?v=QLnrXrsQ7IY

https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01

Why Perfectionism Causes Anxiety and How to Stop Being A Perfectionist

https://www.youtube.com/watch?v=jYrqjGy0gYw

***"What if?"**
https://youtu.be/zJpWGgXPjA8

Good Enough Is Good Enough
https://youtu.be/RbtflLkVv4E

The Problem With Perfectionism
https://youtu.be/g8pti-Swh_E

Why Perfectionism Isn't Perfect — and How to Overcome It

https://youtu.be/YWtGg3Myt7s

RELAXATION

Video: Turn off Anxiety in your Nervous System: Four Ways to Turn on the Parasympathetic Response

Article: Relaxation Techniques for Stress if you Hate Deep Breathing

ROMANTIC RELATIONSHIPS

Breakups

Video: 6 Reasons People Leave The One They Love
Video: The Fear of Ending a Relationship

SELF-COMPASSION

Self-Soothing

Guided Exercise: Self-Parenting Your Emotions and Distress

SLEEP

Techniques

Article: Relaxation Techniques for Sleep

SUICIDALITY

Coping with Suicidal Thoughts

Website: Now Matters Now -- DBT Skills for Suicidal Thoughts

TRAUMA

Trauma Bonding

Article: Stop Mistaking Shared Trauma for Compatibility

Attachment Trauma

Video: Gabor Mate -- Authenticity v. Attachment

Complex Trauma (C-PTSD)

Article: 5 Ways to Lovingly Support Someone with C-PTSD

Trauma Therapy

Article: Trauma Therapy Has Changed - Here's How

Anger

https://rolandbal.com/complex-ptsd-anger/

***Unsorted

Create Space Between You and Your Anxiety Meditation
https://www.mindful.org/create-space-between-you-and-your-anxiety/

Astronaut's Guide to Navigating Stress Video
https://www.mindful.org/an-astronauts-guide-to-navigating-stress/?utm_content=buffere284a&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer&fbclid=IwAR0WHXWiEAMt4sxBd9LQOb-s2ZNIDA5_7MMsQnLz5iQU_nywKqrlTcOIGwM

NAMI National HelpLine Warmline Directory
https://www.nami.org/NAMI/media/NAMI-Media/BlogImageArchive/2020/NAMI-National-HelpLine-WarmLine-Directory-3-11-20.pdf

Living With Worry During Global Uncertainty (multiple languages)

Please email natalie@nataliersspsyd.com to suggest additions or changes.

https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/

Meditation for Microaggressions
https://liberatemeditation.com/

Feeling As Safe As You Reasonably Can Meditation
https://www.rickhanson.net/a-meditation-for-feeling-as-safe-as-you-reasonably-can/

Pandemic Project Writing Tool
http://exw.utpsyc.org/