

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](#)

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

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 \(Miriam Zisook\)](#)

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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](#)

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

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](#)

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<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-B0lxemrYepOoaVv-8kuY5ldKqXVGslyhxKMv74-9D8XGNAOx5iRnOTSwoBrUUajitcgllwsSyBBNmKR5CJZOjPM4-OT4q66ZrSrEAUUVijhlyvEqt5xwuBJ3OKpIOOS0FDI1YSDPs8Mdh1bFB0qGLPyXShd&guccounter=2

Video <https://youtu.be/SJOjpprbfeE>

*****EMPATHY**

<https://youtu.be/l2zLCCRT-nE>

<https://youtu.be/1Ewgu369Jw>

*****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=sZmEISGKBG8>

FRIENDSHIP

Adult

[Article: How to make friends as an adult](#)

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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](#)

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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@natalierusspsyd.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=jYrqjCy0gYw>

****“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

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<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](#)

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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=buffer284a&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer&fbclid=IwAR0WHXWiEAMt4sxBd9LQOb-s2ZNIDA5_7MMsQnLz5iOU_nywKqrlTcOIGwM

NAMI National HelpLine Warmline Directory

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

Living With Worry During Global Uncertainty (multiple languages)

Please email natalie@natalierusspsyd.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/>

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