

Resources mentioned during the “Epilepsy & Emotional Wellbeing” Learn & Share Conference Call

- Hidden Brain podcast episode about “Grit” and imbuing work with meaning and a desire to help others
<https://www.npr.org/2016/04/04/472162167/the-power-and-problem-of-grit>
- Positive Psychology
<https://positivepsychology.com/what-is-positive-psychology-definition/>
- Hidden Brain podcast episode about the benefits of exposure to nature
<https://www.npr.org/2019/08/12/750538458/you-2-0-our-better-nature>
- Another benefit of being outside in the sunshine: lower blood pressure?
<https://www.webmd.com/hypertension-high-blood-pressure/news/20140120/sunlight-might-be-good-for-your-blood-pressure-study#1>
- Benefits of exercise
<https://medlineplus.gov/benefitsofexercise.html>
- Animated summary of the book “Spark: The Revolutionary New Science of Exercise and the Brain” by John Ratey, MD
https://www.youtube.com/watch?v=OPhcft_hwV8
- Sleep hygiene
<https://www.sleepfoundation.org/articles/sleep-hygiene>
- Nutrition and Mental Health
<https://www.nytimes.com/2019/03/28/well/eat/food-mood-depression-anxiety-nutrition-psychiatry.html>

Mobile Apps:

- Insight Timer (free guided meditations organized by theme [no need to purchase subscription, but one can purchase additional features if one wants])
- Breathe2Relax
- Tapping Solution (for emotional well-being—many topics; this is a newer and less conventional, but powerful tool for those with whom it resonates)