

15. Resources

15.1 Resources for Additional Support

Here are some hotline resources in case you or your client need something more than self-soothing:

National Suicide Prevention Lifeline: 1-800-273-8255 or chat online at <https://suicidepreventionlifeline.org/>

TransLifeline: 877-565-8860 <https://www.translifeline.org/>

Domestic Violence Hotline: 1-800-799-7233 or chat online at <https://www.thehotline.org/help/>

The Trevor Project (for LGBTQIA people under 25): 1-866-488-7386 or chat online at <https://www.thetrevorproject.org/>

Here's a link to a list of Warmlines for times when you might not be in a dangerous crisis but still really need to talk to someone:

<https://screening.mhanational.org/content/need-talk-someone-warmlines>

Quarantine Chat is not a crisis line. It is a free project offering another way to connect with others <https://quarantinechat.com/>

15.2 Websites and Videos

Videos for the Self-Soothing Tips:

"Voo" Demonstration: <https://youtu.be/MxiSUabkj24>

iRest Yoga Nidra video: <https://youtu.be/58WN8WqH1LM>

Butterfly Hug: <https://youtu.be/iGGJrqscvtU>

Legs on a Chair:

<http://www.notesfromahumbleyogini.co.uk/tag/spondylolitis-thesis/>

Acceptance and Commitment Therapy:

Association for Contextual Behavioral Science
<https://contextualscience.org/>

Russ Harris <https://www.actmindfully.com.au/>

ACT Matrix trainers

<https://www.theactmatrixacademy.com/certified-act-matrix-trainers-coaches>

15.3 Other Books You Might Like

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert

Bright-Sided: How Positive Thinking Is Undermining America
by Barbara Ehrenreich

Burnout: The Secret to Unlocking the Stress Cycle by Emily
Nagoski & Amelia Nagoski

*I Thought It Was Just Me (but it isn't): Making the Journey
from "What Will People Think?" to "I Am Enough"* by
Brené Brown

*It's OK That You're Not OK: Meeting Grief and Loss in a Cul-
ture That Doesn't Understand* by Megan Devine

Letters to a Young Therapist by Mary Pipher

On Being a Therapist (Fifth Edition) by Jeffrey A. Kottler

Teaching Yoga: Exploring The Teacher Student Relationship
by Donna Farhi

The Happiness Trap: Stop Struggling, Start Living by Russ
Harris

The Needs of The Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter by David Kessler

The Places That Scare You: A Guide to Fearlessness in Difficult Times by Pema Chodron

The 10-Day Career Cleanse: Find Your Zen at Work by Lynn Chang

Training Your Dragon by Scott Baker

Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others by Connie Burk and Laura van Dernoot Lipsky

Seven Thousand Ways to Listen: Staying Close to What is Sacred by Mark Nepo

Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping (Third Edition) by Robert M. Sapolsky

15.4 Podcasts and Online Courses

Magic Lessons with Elizabeth Gilbert (creativity and encouragement to use your gifts)

Abundant Practice Podcast with Allison Puryear (for therapists, but some episodes might be useful for other fields as well)

The Private Practice Startup with Dr. Kate Campbell and Katie Lemieux (for therapists)

The Practice of the Practice Podcast with Joe Sanok (for therapists)

The Money Sessions Podcast with Tiffany McLain. All about money fears and how to start charging what you're worth. Her Fun with Fees Calculator at <https://www.heytyffany.com/> is an excellent tool for any service provider to use when setting or raising your fees.

Promote Yourself to CEO Podcast with Racheal Cook. Also highly recommend her free resources. <https://rachealcook.com/>

Empathy Rising: Side Hustles for Therapists in Private Practice with Marissa Lawton (lots of good marketing advice here as well)

Level Up Your Course Podcast with Janelle Allen (creating and marketing online courses)

The Creative Penn Podcast with Joanna Penn (writing and publishing) Between her podcast and her website, she offers just about everything you need to know to write and publish a book.

Podschool with Rachel Corbett (learning how to podcast) She has a free guide to starting podcasting on her website:

<https://rachelcorbett.com.au/>

15.5 References

Please note that these are by no means all of the articles on these topics, and research continues to evolve even as we speak. I offer them here as overviews and starting points for learning about these areas.

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And last, but not least, thanks to YOU for reading and for all the work you do in the world to help others!

I made you a single-page printable full-color PDF poster of the *10 Keys to Being a Sustainable Helper* to serve as a reminder of your intentions to build a practice of being a sustainable helper & healer. Consider it a small token of gratitude for all that you do for others—and for yourself!

You'll also receive occasional emails from me so you'll never miss out on future offerings and special subscriber-only promotions (you can unsubscribe anytime. I'll miss you, but I'll understand).

Here's the link to claim your free thank-you gift today:

<https://bit.ly/theyrenotbroken>