

## WEB RESOURCES

### The Headington Institute

A non-profit agency that provides coping resources for international humanitarian/relief workers. Their online training (link below) provides excellent education, assessment tools, and coping suggestions that can be helpful for anyone experiencing trouble coping. Student parents who have special needs/high needs children or who play multiple caretaking roles may find this resource especially helpful.

<http://www.headington-institute.org/overview>

### The Positive Psychology Center (University of Pennsylvania)

Provides professional resources for those interested in ongoing research and findings pertaining to positive psychology: a model focusing on building strengths and virtues for mental health and wellness. Resources include conferences, online education, resources for teachers and

links: <http://www.authentic happiness.sas.upenn.edu/Default.aspx>

- A component of the Positive Psychology Center: The **Authentic Happiness** page has online evidence-based tools for measuring personal resiliency and coping strengths. These tools also help identify specific areas for building resiliency. Users create an online account and results are stored (note: results become part of ongoing research at the center); users can return over time to re-assess and compare results.

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

**Progressive Relaxation** (Jacobsen): site provides text and audio

<http://www.k-state.edu/counseling/student/biofedbk/deepmuscle.html#Text>

## BOOKS

Matheny, K. B., & McCarthy, C. J. (2000). *Write your own prescription for stress*. Oakland, CA: New Harbinger.

## PODCASTS

Dan Siegel presenting a Hand Model of the Brain (YouTube video)

<http://www.youtube.com/watch?v=DD-lfP1FBfk>

Csikszentmihalyi, M. (2004, February [filmed]). Mihaly Csikszentmihalyi on flow. *Podcast posted on TEDS Ideas Worth Spreading*. Retrieved from [http://www.ted.com/talks/mihaly\\_csikszentmihalyi\\_on\\_flow.html](http://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow.html)

Kabat-Zinn, J. (May 23, 2011) *Mindfulness with Jon Kabat-Zinn* [video file]. Retrieved from [http://www.youtube.com/watch?v=3nwwKbM\\_vJc](http://www.youtube.com/watch?v=3nwwKbM_vJc)

Seligman, M. Web Seligman, M. (2004, February [filmed]). Martin Seligman on Positive Psychology. *Podcast posted on TEDS Ideas Worth Spreading*. Retrieved from [http://www.ted.com/talks/martin\\_seligman\\_on\\_the\\_state\\_of\\_psychology.html](http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html)