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.authentichappiness.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.authentichappiness.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

PODCASTS
Dan Siegel presenting a Hand Model of the Brain (YouTube video)
http://www.youtube.com/watch?v=DD-lfP1FBFk

