

PRIORITIZING SELF-CARE

Something to read

[Self-Care: 12 Ways to Take Better Care of Yourself](#)

[Identity: Your Core Beliefs, Values, and Worldview](#)

[After Failure](#)

[4 Ways to Complain without Criticizing](#)

[Are You Projecting?](#)

Something to do

[Self Care Assessment](#)

[Self Care Tips](#)

REDUCING ANXIETY

Something to watch

[What is Anxiety](#)

[Anxiety & Depression](#)

Something to Read

[Stress and Burnout](#)

[Permission to Feel](#)

[Anxiety & Phobia Workbook](#)

[The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self](#)

Something to Do

[The Anxiety and Stress Solution Deck](#)

[Calm App](#)

[Breathe](#)

[Anxiety Screening Tool](#)

[Coping Skills](#)

[Coping Skills 2](#)

COPING WITH STRESS

Things to watch

[How to relieve stress when you're overwhelmed](#)

[How Gen Z Deals With Stress](#)

Things to read

[Eliminate Hurry to Reduce Stress](#)

[Managing Stress](#)

Things to do

[Stress Management Tips](#)

[Additional Stress Management Tips](#)

MANAGING YOUR ANGER

Things to watch

[Anger Warning Signs](#)

[Overcoming Anger](#)

[Control Your Anger](#)

Things to read

[The Dance of Anger](#)

Things to do

[Coping With Anger](#)

[Anger Iceberg](#)

Addiction

Things to watch

[When Your Loved One Is Addicted](#)

[What Causes Addiction](#)

[Everything you think you know about addiction](#)

Things to read

[Grace and Addiction](#)

STRUGGLING WITH SEXUALLY ADDICTIVE BEHAVIORS

Things to watch

[Your brain and addiction](#)

Things to read

[How Sexual Brokenness Reveals Our Way to Healing Pornography and the Emerging Science](#)

[Wired for Intimacy](#)

Things to watch

[Pornography and Culture](#)

[Discipline And Discovery](#)

Things to read

[Pornography and the Emerging Science](#)

PRIORITIZING SPIRITUAL HEALTH

Things to listen

[Slo Podcast](#)

[The Soul of Leadership](#)

Things to read

[The Ruthless Elimination of Hurry](#)

Local Community Resources

[Marion County Community Resources](#)

Mental Health Community Support

[NAMI](#)

Acute Care

[SMA](#)

[The Vines](#)