

Educational and Inspirational Resources



STRESS

- [Is Stress Making You Withdraw from People?](#) A new study finds that when we experience stress, we may pull away from others rather than seeking their company.
- According to research, "[obsessive" work passion can lead to burnout.](#)
- [The Burnout Epidemic](#) - The Rise of Chronic Stress and How We Can Fix It by Jennifer Moss. A new book explains the root causes of burnout at work and why we won't solve them without changing work culture.
- [How to Get Comfortable With Uncertainty and Change.](#) When life is uncertain, our usual responses and coping strategies might not always work. The practice of mental agility can help us be resilient.
- [How to Structure Your Day to Feel Less Stressed.](#) If you don't control your schedule, your schedule will control you.
- [How to Choose Goals That Make You Come Alive.](#) Research on the components of well-being can help us choose goals that we'll stick to.

MENTAL HEALTH

- Tips for "When You've Lost All Motivation." What to do when you feel intensely sad or blah. [Short read.](#)
- [Ways to ease the pain of loneliness.](#)
- How Volunteering Can Help Your Mental Health. [Learn more.](#)
- The New Era of Positive Psychology - [TED Talk with Dr. Martin Seligman](#)
- [Turning #failure into Fuel.](#) Learn how to properly engage with failure and unlock its benefits.
- [3 Ways to Be Kind to Yourself When You're Feeling Blue.](#) Feeling unwell can be hard work sometimes—and that might be a sign that it's time to stop trying so hard. Taking the mindful path means making room for suffering, too.
- [How Awe Brings Us Together.](#) 20-min Podcast. Feeling awe changes your brain. Explore how awe can make you a better friend, partner, and community member.

EMOTIONAL INTELLIGENCE - KINDNESS - COMPASSION - HAPPINESS

- A reminder that [Kindness is a Simple Concept](#). *"Kindness is a simple concept...too simple some might think to provide a solution to the complex challenges of today's world. But it is precisely this simplicity that gives Kindness such power to effect positive change. ~Olivia Mclvor*
 - Celeste Headlee's TEDTalk with [her 10 ways to have a better conversation](#). "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed." Essentials of effective communication, be it at home or on the job. The Art of Listening remains a key ingredient!
 - Brené Brown's [Atlas of the Heart](#): Mapping Meaningful Connection and the Language of Human Experience. Explores 87 emotions and experiences that define what it means to be human.
 - 8 Habits of Highly Emotionally Intelligent People by Dr Travis Bradberry, [published on LinkedIn](#). A brief overview on key elements of emotional intelligence.
 - [How Small Moments of Empathy Affect Your Life](#). Everyday experiences of empathy can contribute to our well-being and kind behavior toward others.
 - Access Daniel Goleman's podcast on [Emotional Intelligence Now here](#).
 - Sharing this simple 5-minute happiness practice by author Nataly Kogan to raise your level of happiness. Happiness is contagious! [YouTube Simple Habits To Be Happier In 5 Minutes](#).
 - A conversation between Jon Kabat-Zinn and James Doty on [compassion](#).
 - How about making a meditation practice part of your daily routine to relax and start your day on a #positive note. [Read on](#)
 - 30 min podcast on "awe." [Podcast](#)
 - Four Funny Ways Laughter Is Good for You. Research suggests that laughing more may help us be healthier, happier, and more socially connected. [Read on](#).
 - [Seven Lessons from Mister Rogers That Can Help Us All Be Neighbors Again](#)
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TEAM BUILDING AND LEADERSHIP

- [How to build a thriving team](#) and prioritize it in the day-to-day reality of work. By Holly Branson, Virgin Group Purpose and Vision Officer. Virgin Unite events. Takeaways from the latest 100% Human At Work gathering at Virgin. Here is Holly: *"At Virgin we have always been passionate about putting our people first and understand that the success of your business relies on your people."*
- Top Five Compassionate Leadership Books of 2021 presented by the Center for Compassionate Leadership. [Read on LinkedIn](#).
- The 37 Most Inspiring Leadership Quotes. [LinkedIn article](#). Experience how they move you and inspire you to action.