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RESOURCES FOR SUPPORTING GRAD STUDENT WELLBEING

MENTAL HEALTH & WELLNESS

- Talkspace
- Very Well Mind
- U Lifeline
- NAMI (National Alliance on Mental Illness);
 - o helpline: 800-950-6264
 - o *or text* NAMI TO 741741

2 MEDITATION AND MINDFULNESS

- Calm
- Noisli
- Liberate (for People of Color)
- Stop Breathe Think
- Trauma Conscious Yoga
- Black Lives Matter Mindfulness Meditation

SELF CARE

3

- Self-Care Game
- Self-Care Resources
- Creating a Self-Care Plan
- Academic Mental Health Collective
- Active Minds Mental Health

MANAGING STRESS & PTSD

- A Very Mixed Record on Grad Student Mental Health
- Battling Bullying in Academe
- Coping with PTSD
- Faculty Reflections on Stress
- Identifying PTSD Triggers

- Instagram Accounts for Mental Health
- Managing Traumatic Stress
- The Trauma of Graduate Education
- Traumatic Stress in Grad School

RESISTING THE FALLACY OF UNWORTHINESS

- What Happens After You've Gotten All the A's
- A Phenomenology of Shame, or, Life (and Death) in Graduate School
- CV of Failure
- <u>Debunking the Shame In You</u> <u>Should Be Writing</u>
- Self-Criticism and the Academy
- Still Here, Still Fighting: My Nonlinear Journey to ABD

6 SUGGESTED SCHOLARLY READING

- Austin, 2002
- Gildersleeve, Croom, & Vasquez, 2011
- McGee & Stovall, 2015
- Posselt, Reyes, Slay, Kamimura, & Porter, 2017
- Truong & Museus, 2012



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